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WITCHY WOMAN

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JEFF HARPER/METRO

A beach bummer

HEALTH

Bacteria levels lead to five-year high in closures



Stephanie Taylor
Metro | Halifax

No heat records have been broken this summer in the Halifax area, but beach closures are a totally different story.

Residents eager to take a dip in one of the municipality's 23 beaches have been advised to stay out the waters on an on-again-off-again basis since June 30, due to high levels of bacteria.

In total, the city has seen 22 beach closures this summer.

"It's our highest number in at least the past five years," Jen Nagle, HRM's aquatic and leisure specialist, said Tuesday.

An HRM water-quality overview from 2014 notes there

were 10 beach closures last year, compared to 18 in 2013 and 14 in 2012. Nagle said the typical season, which runs through Aug. 31, sees about 15.

During the summer, the city conducts weekly water-quality monitoring tests for E. Coli or enterococci, Nagle said, explaining beaches that have levels exceeding Health Canada guidelines are temporarily closed.

Animals and weather contribute to bacteria levels, Nagle said, and this summer's switch of extremes from hot, dry heat to wet and humid "definitely had an impact."

"It's one of those things that, unfortunately, we can't control," she said. "We can't control the weather."

With weekly water testing coming to an end this week-end, Nagle said city staff will be preparing an end-of-season review.

"After that it's swim at your own risk," she said.



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Tattooist Gordon Sparks sits beside a finished project from one of his other passions — ice sculpting. JEFF HARPER/METRO

‘The inspiration to do more’

CULTURE

Artist embraces his First Nations roots with latest creative effort

Rebecca Dingwell
For Metro | Halifax

Halifax tattoo artist Gordon Sparks is used to designing art for the skin.

But recently, Sparks decided to try something new and embrace his First Nations roots in the process.

“I wanted to make something that’s going to last longer than you or me,” Sparks said Tuesday.

Sparks is spending his weekdays in Fredericton, N.B., being mentored by renowned artist Ned Bear. Bear is teaching him traditional wooden mask carving.

On his first day, Sparks had to go into the woods and pick a tree. After cutting it down, he had to drag the logs out of the woods on a dolly. Then, it was time to start on the art.

“I was getting the main structures of the mask ... kind of getting a connection with the material itself,” Sparks said.

Sparks has over 10 years of tattooing experience and currently spends much of his time at Ink Machine Tattoo Studio off St. Margarets Bay Road. He’s also tried his hand at pumpkin carving and ice sculptures.

“(When) you’re a commercial

artist, you’re always doing what other people want, but you’re doing it in your own style,” Sparks explained. “Now, I’m becoming a traditional artist, where it’s traditional roots but you do what you want to do.”

Sparks is currently in his second week of the mentorship. His hope is to eventually create a permanent art piece for the City of Halifax.

“I really like working with the natural materials, and that’s where my future is heading right now.”

When Sparks approached Arts Nova Scotia with the idea, they suggested pursuing funding for a mentorship to get the experience he needed. Sparks immediately remembered Bear, who had spoken to his class in college.

The second time Sparks met Bear, the art protégé said his life was in a bit of a chaotic place.

“Eventually, I ended up in Moncton and I was homeless,” he said. “I was struggling with drugs and alcohol.”

Sparks saw Bear at work and approached him with questions about the art.

Even after coming upon happier times, the interest never left him. He later found success in his tattoo shop, and has drawn some community attention to his sculptures.

“That gave me the inspiration to do more.”

Sparks has looked up to Bear for many years and feels lucky to be working beside him.

“It’s a dream come true,” he said. “I’m very honoured.”



Ned Bear, right, demonstrates the finer points of carving traditional wooden masks to his latest protégé. CONTRIBUTED

FIRST QUARTER

Liquor sales down

New financial results shows sales in Nova Scotia booze slipped this past spring.

On Tuesday, the Nova Scotia Liquor Corporation released first quarter results of sales from April until the end of June.

According to the results, net income was up \$1.3 million while total sales fell \$0.9 million to \$143.5 million.

The corporation also reports the total volume of alcohol sold was down, as was the overall customer transactions.

A release issued Tuesday says that local wine sales dropped due to the limited availability of Nova 7, while all other home-grown product categories saw growth. Craft beer sales grew more than 17 per cent to \$1.7 million; cider sales increased more than 42 per cent and commercial wine sales increased by 0.7 per cent.

Local spirit sales also ballooned by 336.6 per cent to \$0.2.

METRO

IN BRIEF

Police name motorcyclist who died in crash

Police are releasing the name of a Dartmouth motorcyclist who was killed in a crash earlier this week.

The motorcycle driver went through an intersection and crashed into a yard on Mount Edward Road just before midnight Sunday, according to a Halifax Regional Police news release.

Robert Benjamin Kelsey, 30, of Dartmouth was pronounced dead at the scene.

METRO

Police continue search for body of Dalhousie student

INVESTIGATION

Taylor Samson was reported missing last week



Haley Ryan
Metro | Halifax

Investigators were searching a Lower Truro property Tuesday in relation to the murder of Taylor Samson.

Both Halifax Regional Police and Halifax RCMP, including a K9 unit, were on scene at the rural location throughout the day and into the evening. Samson's remains have not been found.

William Michael Sandeson was charged with first-degree murder on Thursday, four days after Samson was reported missing.

Sandeson is originally from Lower Truro.

"We've been pursuing a number of investigative avenues over the last number of days and through the course of the investigation we were led to this particular property," Theresa Rath, spokeswoman for Halifax Regional Police, said Tuesday.

Investigators continue to canvass for information, and are following up on tips.

"We have been saying since the outset that our goal is to find the remains of Taylor Samson and that's not just for our investigation, but for the family."

Samson, 22, was a physics student at Dalhousie University who had lived in the Sigma Chi fraternity house on



Halifax Regional Police and Halifax RCMP officers search a property in Lower Truro on Tuesday as part of the murder probe.

RYAN COOKE/TRURO DAILY NEWS

South Street in Halifax.

The Amherst man was last seen at 10:30 p.m. on Aug. 15, and was reported missing the next day.

Sandeson, 22, a track athlete who was going into his first year of medical school, remains in custody facing first-degree murder charges in Samson's death.

Police believe Samson was killed the night he went missing in a Henry Street residence.

Sandeson lived in an apart-

TIPS

Anyone who saw anything in the early-morning hours of Aug. 16 in the area of South and Henry Streets is asked to call police at 902-490-5016. Anonymous tips can also be sent to Crime Stoppers.

ment on the same block.

In the days after Samson disappeared, friends and family

put up posters around the neighbourhood in Halifax's south end and on Facebook seeking information.

A police news release said officers are continuing to follow up tips from the public that are coming in, but residents are being urged to only call in with credible information.

"We've had some information come in that's based on speculation and opinion," the release said.

WITH FILES FROM TRURO DAILY NEWS



Taylor Samson

CONSTITUTION

Law inspired by Rehtaeh Parsons is challenged in court

A judge has agreed to hear arguments on whether Nova Scotia's groundbreaking anti-cyberbullying law violates the Charter of Rights and Freedoms after upholding a protection order today in a case involving two businessmen.

Halifax lawyer David Fraser asked the Supreme Court of Nova Scotia to hear the Charter challenge of the Cyber-safety Act, arguing the legislation is so vague and broad that cyberbullying could be considered anything online that hurts somebody's feelings.

Robert Snell has been accused of cyberbullying Giles Crouch when the two former business partners got into a dispute.

Crouch has been granted a cyber safety protection order under the new law, which prevents Snell from communicating with him.

Fraser told the court the law is an unreasonable and unjustified infringement of freedom of expression rights under sections 2b and 7 of the Constitution.

He argued that the law can't

simply be left open to interpretation.

"To borrow a term that I've learned on social media the Cyber-safety Act is a dumpster fire that can only be extinguished by the Charter," said Fraser. "What is at issue ... is the incredibly broad manner in which the act defines cyberbullying."

The provincial act defines cyberbullying as any electronic communication "that ought reasonably be expected to cause fear, intimidation, humiliation, distress or other

damage or harm to another persons health, emotional well being, self-esteem or reputation."

Fraser also argued that there is no rational connection between the law's safety objectives and the means in the law to obtain those objectives.

"The act has to be carefully tailored to the objective (safety). But in this case its parameters are grossly broad."

He said the law also doesn't clearly spell out what is prohibited and simply gives the impression that "thou shalt

not hurt anyone's feelings online."

The law was passed in May 2013 by the province's former NDP government in response to public outrage around the case of Rehtaeh Parsons.

The teen's family alleges Parsons was sexually assaulted in November 2011 and bullied for months when a digital photo of the assault was passed around her school.

She died after attempting suicide in April 2013.

Parsons' death also acted as a catalyst for the federal

government, which changed the Criminal Code to make it illegal to distribute intimate images without consent.

Outside court, Crouch spoke in support of the law.

"For the sake of all the victims and in the memory of Rehtaeh Parsons I do hope that the act is upheld in this case," he said.

"It's very important that cyberbullying victims have the protection that they need so they can sleep safely at night as well as their families."

THE CANADIAN PRESS

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Books on hold on library's conveyor

TECH LOGIC

Manufacturer to fix 'traffic jam' in system free of charge



Zane Woodford
Metro | Halifax

The conveyor belt that moves and sorts books at the Halifax Central Library will soon be undergoing a rerouting, but the library's director said it's still working hard.

When you put a book in one of the slots outside the library on Spring Garden Road or Queen Street, the conveyor belt takes it up into the ceiling and into the circulation area, where it gets checked in and sorted.

The problem is two other slots — in the library's vestibules on either side — don't work.

"We found a traffic jam," said director Bruce Gorman.

"If you put something in the outside slot, it runs a straight path up into the ceiling and then makes its way over to the sorting area, but the inside slot, sometimes when you put a book in there, it kind of alters the path."

That meant a lot of "traffic jams" of books not making it upstairs.

In April, the vestibule slots were blocked off, with signs directing people to return their books using the outdoor slots or at the desk.

Now the library has found a solution. Tech Logic, the company that designed the system, is going to reroute the vestibule slots so that

the books can flow upstairs properly.

And it's not going to cost the library a dime: Tech Logic is covering the work under warranty.

That will happen in October, and in the meantime, the system will work the way it has been.

With just the outdoor slots open, 80,000 books were sorted without any human staff lifting a finger in the month of July.

"It's a really excellent use of technology," said Gorman.

"It lets us use our human staff to be in front of the patrons more, and lets technology do what it's doing best, which is sorting a bunch of our materials."



We're going to fix this minor glitch, but in a brand new building like we have, there are going to be minor hiccups along the way.

Halifax Central Library director Bruce Gorman



Patrons and staff at the Halifax Central Library have enjoyed the simplicity and convenience of the recently installed conveyor belt that streamlines returns and materials handling.

JEFF HARPER/METRO

IN BRIEF

Evenings at Government House launches fall agenda

Nova Scotia's lieutenant governor is opening his doors this fall for musical performances, book launches and lectures for Evenings at Government House.

The public event series is hosted by Lt.-Gov. J.J. Grant

at Government House on Barrington Street in downtown Halifax will be free, with registration open to anyone online on a first-come, first-serve basis.

Events include a lecture by military historian Col. John Boileau on Sept. 8, a sculpture display as part of

Nocturne Halifax on Oct. 18 and a performance by musician Don Brownrigg on Oct. 27.

People can register starting two weeks before any event by emailing lgoffice@gov.ns.ca or calling 902-424-7001.

ZANE WOODFORD/METRO

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DECONSTRUCTED TEAR-DOWN CONTINUES Demolition of the former St. Patrick's High School in central Halifax continued this week as the city clears the area for future development. JEFF HARPER/METRO

Province reverses internship cuts

EDUCATION

\$223K pledge to PhD program a 'big deal' for psych students



Haley Ryan
Metro | Halifax

Thanks to a reversal from the province, students applying for psychology internships can once again hope to be placed in Nova Scotia.

On Tuesday, the provincial health department said they had committed \$223,000 to fund eight PhD internships for next year, after cutting the stipend from the 2015 budget this spring.

"This is completely unexpected news," Dalhousie University psychology PhD student Marcel Peloquin said Tuesday.

"It's big deal and ... I have to really shift gears from thinking that it's going to be completely

gone, to 'Oh, maybe I can think about staying here.'"

Although the 2015 provincial funding was cut, the health department said internships planned for this year are covered by the Nova Scotia Health Authority (NSHA) and IWK Health Centre.

The province said the new funding pays for six internships at the NSHA and two at the IWK.

"We value the work of the interns and we value this program," Health and Wellness Minister Leo Glavine said in a news release.

"(It) is important for recruiting and retaining psychologists."

Peloquin, 33, said that until Tuesday, he thought he was going to have to apply outside Nova Scotia to find a residency to fulfill his degree that would start next fall.

NDP provincial leader Maureen MacDonald said Tuesday she was happy to see the funding cut reversed, but more investments are needed to

8

The Health Department's commitment will fund eight paid residency placements.


strengthen the mental health-care system.

"I hope this is just one of many cuts the government decides to reverse," MacDonald said in a news release.


Peloquin said that while he's happy to know the funding is back for 2016, he would like to remind the government of the importance of a mental health strategy that attracts and retains new psychologists.

"Psychologists often work in the background, but the reality is the work that we do for the public is huge," Peloquin said.

The government said they will discuss a long-term funding strategy with the NSHA and IWK during the next budget process.



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Who you calling witch? Oh, right

WEIRD RETAIL

Owner of new spiritual shop dreamed up her enterprise

Rebecca Dingwell
For Metro | Halifax

Queen Street shops will soon be getting a new neighbour — the Neighbourhood Witch General Store, to be exact.

After Little Mysteries Books on Barrington Street closed last August, Put Me On! consignment store owner Pamela McInnis saw the need for a new spiritual shop. Located above the vintage clothing outlet, the Neighbourhood Witch will officially open in downtown Halifax on Sept. 9.

"We had a whole bunch of space upstairs that we didn't have filled," McInnis said Tuesday.

She said the push she needed to pursue the additional shop came in the form of recurring dreams.

"I just kept dreaming about looking at my hand in a store I knew was mine," McInnis said,



Owner Pamela McInnis inside the Neighbourhood Witch General Store on Queen Street in downtown Halifax, opening to the public soon. JEFF HARPER/METRO

"and seeing a square piece of green aventurine jewelry in my hand."

The dreams continued every night for three weeks.

"I was like, 'All right — I need

to do this,'" McInnis said.

The demographic for "witchy stores" is widespread, according to McInnis.

"Anybody can find something in these kinds of shops," she said.

"But there's specifically a good-sized Pagan community here."

While the Neighbourhood Witch is a small store, McInnis is stocking it up with a variety of items: incense, books, wands,

jewelry and candles — some of which McInnis makes herself.

"I'm really excited, 'cause I get to flex my creative muscles."

For the open-minded, Broom Closet Tarot — which has been

around since April — will continue doing readings in the room adjacent to the new shop.

As McInnis donned her pointy hat, she said she's not afraid of the "witch stereotypes."

And what would a witch be without a black cat?

"We're going to have a little cat section with catnip and cat toys and things like that," McInnis said.

Perhaps the strangest things in the Neighbourhood Witch are the bottles of Florida water. The water appears murky but smells faintly sweet.

"It's a little on the hoodoo (folk magic) side of things," McInnis explained. "It's good for purification."

There will also be an online component to the magical place.

"(It's) going to be bigger than what our store is capable of," McInnis said of the website.

"We're really excited to have a witchy shop back in Halifax."

+ CHECK IT OUT

Visit The Neighbourhood Witch General Store on Etsy and Facebook.

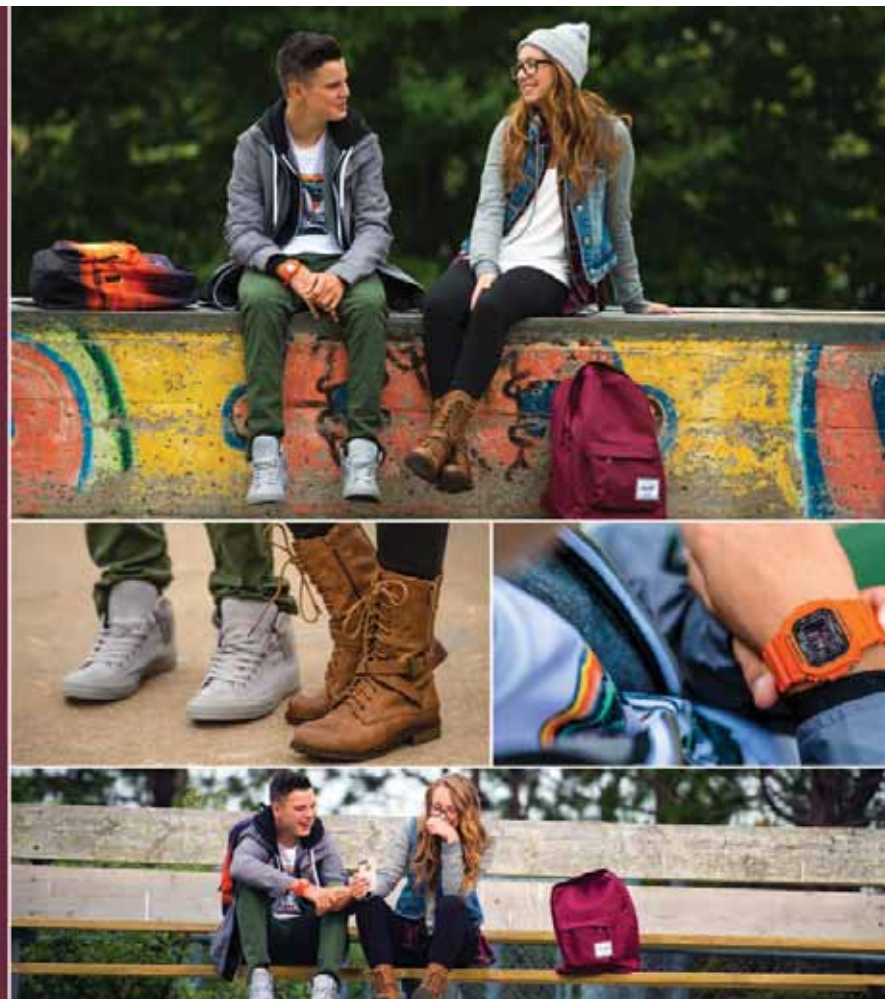
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Company on hook for head injury

IRVING SHIPBUILDING

Charges relate to work being done on patrol vessels in 2014

Irving Shipbuilding is facing four charges under Nova Scotia's Occupational Health and Safety Act after a worker suffered a serious head injury at the Halifax Shipyard in 2014.

The company was arraigned on the charges in Halifax provincial court on Tuesday and the case was adjourned until Nov. 12. An information to obtain a search warrant filed with the court says the charges relate to work that was being done on Canadian Coast Guard patrol vessels on Jan. 3, 2014.

An occupational health and safety officer alleges in the docu-

ment that a wire rope loop attached to a ship's cradle broke as it was being pulled by a winch, striking a worker employed by Irving Equipment Ltd. in the head.

The ship was being moved along a series of tracks at the shipyard during a launch attempt when the loop broke.

The document says the worker suffered a fractured skull and brain injury.

It outlines a series of events that led to the accident in a procedure that had been completed on six ships previously.

"However on this attempt, the cradle failed to move, resulting in a static line pull," the officer alleges in the document.

"As the winch continued pulling the wire rope, excess strain caused the wire rope to break at the point where the wire loop attached to the cradle."

THE CANADIAN PRESS



FORWARD STROKE PADDLING ON SUNSHINE Sunny skies and high temperatures grace the region on Tuesday as a group of kayakers propel themselves along the Halifax Harbour waterfront. JEFF HARPER/METRO

IN BRIEF

Steering problems hinder Bluenose II tour schedule

It seems Nova Scotia's iconic Bluenose II has run into more mechanical difficulties.

The province's department of transportation and infrastructure renewal said Tuesday the ship's scheduled sailings in the Lunenburg Harbour on Tuesday

and Wednesday have been cancelled due to steering problems. Maintenance crews have been called to the site to make repairs, according to a provincial gov-

ernment news release.

The ship will hopefully set sail again Thursday, but those who booked tours will be notified otherwise.

STEPHANIE TAYLOR/METRO



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ELECTION 2015

May attacks Mulcair's no-show

Elizabeth May is accusing NDP Leader Tom Mulcair of giving cover to Stephen Harper by refusing to participate in debates his Conservative rival does not attend.

The Green party leader says it's shameful that Harper — and now Mulcair — won't show up for a scheduled debate on women's issues, which has since been cancelled as a result.

May says the other leaders should be holding Harper's feet to the fire by attending the debates, leaving an empty podium to indicate the prime minister's absence. May, who is running for re-election in Saanich-Gulf Islands, is urging Mulcair to reconsider, saying it's not smart politics for the NDP leader to be so dismissive of a debate about women's issues.

The debate's organizers say they will instead hold one-on-one interviews with the leaders to discuss issues important to women — an alternative Mulcair said he supports, because it allows for a complete discussion. **THE CANADIAN PRESS**

Ex-aide had audit concerns

DUFFY TRIAL

Woodcock tells court he never scripted senators' words

A senior aide in Prime Minister Stephen Harper's office who helped manage the government's response to the unfolding senate expense controversies in 2013 says he never "scripted" lines for Senator Mike Duffy or Conservative senators.

Chris Woodcock testified he merely pulled together comments that reflected their own views as they arrived at them independently.

Woodcock appeared defiant and sure of himself. But he stumbled at one part of his testimony when he said he was "uncomfortable" at only one point in 2013 when the PMO was trying to contain the Duffy story.

It was, he said, when emails were exchanged within the PMO discussing Nigel Wright's contact with Sen. Irving Gerstein over the latter's approach to Deloitte auditors. The firm was then doing a review of senate residency



Chris Woodcock, former director of issues management in the PMO, testified Tuesday that Duffy himself agreed to use the PMO's "lines" almost verbatim. JUSTIN TANG/THE CANADIAN PRESS

expenses at a senate committee's request.

The communications strategist agreed with Duffy's lawyer Donald Bayne that it would have been "improper" to script the conclusion of an audit, and denied that ever happened. He said, "I felt wary and concerned that if this was to cross a line" he

might become "very" uncomfortable with it, but, he added: "As I recall it didn't get to that point. It didn't become a large problem."

Woodcock is the third senior PMO aide to testify for the Crown against Duffy in the suspended senator's trial on fraud, breach of trust and bribery charges.

A key part of the Crown's theory is that Duffy was an equal partner, if not the instigator, of the scheme to be "kept whole" if he admitted a mistake in his claiming \$90,000 in dubious housing expenses and per diems.

Woodcock took issue often with Bayne, insisting he didn't direct what Duffy or other sen-

ators should say and that Duffy himself agreed to use the PMO's "lines" almost verbatim with only minor modifications.

Woodcock has already said he never read an email from his boss Nigel Wright advising that Wright was going to pick up the \$90,000 tab for Duffy's expenses "personally."

But Woodcock agreed with Wright's characterization of the matter in court: That Duffy's expense claims were a "politically embarrassing" story for the governing Conservative party.

Woodcock, who was director of issues management, a key communications strategist in the PMO, said he never really assessed the clarity of the senate rules. Yet he was aware that Duffy may have had an "arguable" case to make that he was legally entitled to claim the housing allowance after filling out forms that designated his primary residence in Cavendish, P.E.I., the province he represents.

He said he was also aware that Wright, then chief of staff to Stephen Harper, and Woodcock's direct boss, held the view that Duffy should not be "claiming for expenses he hadn't incurred."

TORSTAR NEWS SERVICE

ELECTION 2015

Harper returns focus to economy

A feistier Stephen Harper appeared on the campaign trail Tuesday as volatile world markets pushed the election debate back to his favourite subject: The economy.

The Conservative leader launched a pointed attack on the Liberals' fiscal record of the 1990s, shared his concerns about the global economy and even took the unusual step of emerging from his tightly managed campaign bubble to mingle with ordinary folks in Quebec City.

Harper's day unfolded as turbulent markets rebounded in part from Monday's steep slide, crude-oil prices bounced back but stayed below \$40 US a barrel and the dollar remained low.

"These are challenging times, but I think they speak once again to why this government's strategy is the correct one," Harper said in Quebec City, where he announced a plan to improve port facilities in the province.

"You do not — as any financial planner will tell you, whether it's from the prime minister on down — you do not run around and change your plans based on daily

market news. You have a long-term plan and you stick to it."

The renewed focus on the economy arrived at an ideal time for Harper.

It has partly overshadowed potentially damaging revelations that have come out at the Mike Duffy trial. Harper has fielded numerous uncomfortable questions related to senator's expenses scandal in recent weeks.

The shift came as polls suggest Harper is locked in a tight three-way battle with the NDP and the Liberals.

It also coincided with a rare

campaign-trail activity for Harper: Greeting people outside of a tightly controlled environment or a partisan event.

Harper and his wife, Laureen, emerged from their campaign bus in Quebec City's old town on Tuesday. They greeted people on the sidewalk and inside a coffee shop, where a grinning Harper posed for photos with staff and chatted with customers.

Earlier in the day, a scrappier Harper had used some of his extra energy to criticize his opponents.

THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY

- **Justin Trudeau** will be in Newmarket, Ont.
- **Tom Mulcair** will be in London Ont., and Stratford, Ont.

The itineraries of Stephen Harper and Elizabeth May were unavailable.



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One womb spans three generations of family

HEALTH

Woman gives birth after her own mother donates uterus

For one family in Sweden, a pioneering procedure has led to a baby being born from the same womb that nurtured his mother, uniting three generations.

The new mother, who lost her own uterus to cancer in her 20s, said it was "unimaginable" that she now had her own child, thanks to her mother's donated womb.

"It can't be described how happy we are," she told The Associated Press in an exclusive interview. "It's everything that I hoped for and a little bit more," said the woman, who asked that she and her mother not be identified in order to protect the privacy of her 9-month-old son.

Dr. Mats Brannstrom, who is behind the revolutionary process, has ushered in four babies — all boys — with transplanted wombs; a fifth is on the way.

He said there was something very special about this case: "It's one uterus bridging three generations of a family."

Before his breakthrough, there had been two attempts to transplant a womb — in Saudi Arabia and Turkey — but no live births. Doctors in Britain, France, the United States and elsewhere are planning similar operations with wombs from women who have died recently, not living donors.

Brannstrom, a professor of obstetrics and gynecology at Sahlgrenska Hospital at the University of Gothenburg and Stockholm IVF, first transplanted wombs into nine women about two years ago as part of an experimental study, including the new mother, who was the first. Complications forced the removal of two of the wombs.

The women in the trial were either born without a womb or had it removed due to cancer.

"Feeling him against my cheek was the most wonderful feeling ever," the mother said. In tribute to Brannstrom, she and her husband gave the baby the middle name of Mats.

She said they will one day tell the boy how he was conceived. "My thought is that he will always know how wanted he was," she said. "Hopefully when he grows up, uterus transplantation (will be) an acknowledged treatment for women like me



A revolutionary medical procedure has led to a baby boy being born from the same womb that nurtured his mother. MARIA CHENG/THE ASSOCIATED PRESS

and he will know that he was part of making that possible."

Brannstrom and his colleagues are planning more groundbreaking womb transplant procedures.

Experts marvel at

Brannstrom's work and described it as the biggest breakthrough in fertility medicine since IVF.

"This was impossible until Brannstrom did it," said Dr. An-

tonio Gargiulo, an associate reproductive endocrinologist at Brigham and Women's Hospital in Boston who has not been involved in the operations.

THE ASSOCIATED PRESS

BRITAIN

Big Ben's bongs all wrong

Don't set your watch by Big Ben.

Officials say the famous clock at Britain's Parliament — used by Londoners for decades to check the time — has recently been slow by as much as six seconds.

The 156-year-old clock chimes every 15 minutes and emits deep bongs to mark the hour. Its inaccuracy was noticed by staff at BBC radio, which broadcasts the bongs live at 6 p.m.

Ian Westworth, one of Parliament's three clocksmiths, told the BBC the clock had become "a little temperamental" with age.

"Imagine running your car for 24 hours a day, 365 days a year for the last 156 years," he said.

Parliamentary officials said Tuesday that mechanics had corrected the clock to within "normal parameters" — within 2 seconds of the right time. They will continue to adjust it by placing pennies on the pendulum — or removing them — to fine-tune its speed.

Parliament's neo-Gothic clock tower is one of London's most recognizable landmarks, and its bell is one of London's characteristic sounds.

The famous bongs echoed through the city without fail through World War II bombing raids, though they have been silenced a few times for repairs, and by accident or the weather. THE ASSOCIATED PRESS

IN BRIEF

Train attack in France spurs terror investigation

Authorities are formally opening a judicial investigation into terror-related acts after a thwarted attack on a high-speed train last week.

Prosecutor Francois Molins said the decision was based on the actions of suspect Ayoub El-Khazzani. Molins said El-Khazzani notably watched a video inciting radical violence minutes before the thwarted attack. THE ASSOCIATED PRESS

Caitlyn Jenner may be charged in fatal crash

Prosecutors began reviewing evidence and considering whether charges should be filed against Caitlyn Jenner over a traffic collision that killed a 69-year-old woman earlier this year.

THE ASSOCIATED PRESS

LION

Safari guide killed in Zimbabwe park

A lion charged and killed a safari guide who was leading a group of tourists in the same national park in Zimbabwe that was the home of Cecil the lion who was controversially killed by an American bow hunter in July.

Quinn Swales was leading a walking safari in Hwange National Park when he spotted six lions on Monday, police spokeswoman Charity Charamba said Tuesday.

"One of the lions had cubs and they became hostile. Mr. Swales at first manage to scare the lions away but then the male lion later made a U-turn and attacked him," Charamba told The Associated Press. None of the tourists was harmed,

she said.

Swales was taking six tourists on a walking safari when he spotted fresh lion spoor and decided to track a pride of lions consisting of two females, two cubs and two males, according to the Zimbabwe National Parks and Wildlife Management Authority.

The lion, named Nxaha, attacked Swales, the parks authority said. The lion had a collar that allowed researchers to track his movements.

Camp Hwange, the safari company that employed Swales, said the 40-year-old guide succumbed to the injuries on the same day he was attacked.

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Canadian and U.S. flags fly side by side in St. Bernard Parish in September 2005. CONTRIBUTED

special feature

After Hurricane Katrina hit, the first outside help to arrive in one devastated community was a team of Canadians. Metro's **Rosemary Westwood reports from New Orleans.**

Rescued by the 'Mounties'

This is the first in a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Katrina.

St. Bernard, Louisiana.

Wanda Crownin sat smoking a cigarette in Lehrmann's Bar, in a booth beside the pool tables, the weekend before the 10-year anniversary of Hurricane Katrina.

The bar was made famous for staying open through the storm and ensuing crisis, an air-conditioned oasis for first responders including a 46-member heavy search-and-rescue (HUSAR) team from Vancouver, some of whom rescued Crownin's mother.

"They floated her on a mattress to St. Bernard highway, and a helicopter took her out

across the water," she said. "We're always grateful."

Shaun Murphy, then a captain with the St. Bernard fire department who now lives in Tennessee, remembers first spotting the Canadians in the days after the storm.

"I saw these guys coming out of one of our neighbourhoods," he told me. "I knew everybody who was supposed to be there. One of them said they needed some help to get a lady out of the house. And I said, 'Who are you guys?' He said they were from the Canadian search-and-rescue. I said, 'I'm not trying to be a smart ass or anything, but where the hell did you come from?' At that point no one was helping us — we were on our own.

"It was very mixed emo-

tions," Murphy said. "One, the fact that somebody was actually there to help us was awesome, and the other part is that I can not believe, for the life of me, the United States of America, as big as they are, wasn't here, and the first help we got was from outsiders."

St. Bernard is a separate municipality adjacent to New Orleans, a bedroom community, a rural home to fisherman and shrimpers, and an industrial hub with a sugar refinery and two oil refineries. Before Hurricane Katrina, 66,000 residents lived there.

"The wind shifted after the eye passed," remembers Fire Chief Thomas Stone, who weathered Katrina's battering

from inside his office on Aug. 29, 2005. "And I'm thinking, 'Oh, I think we made it. Wrong.'"

The levees of the Industrial

electricity, downed cell towers and left thousands of people stranded in sweltering heat.

While people all along the

"The wind shifted after the eye of the storm passed. And I'm thinking, 'Oh, I think we made it.' Wrong."

THOMAS STONE, ST. BERNARD PARISH FIRE CHIEF

Canal to the west broke first, and Stone watched whitecaps roll up the road. The water rose 4½ metres in 20 minutes. It thrust houses into streets. It cut

Gulf Coast had fled the Gulf Coast, Tim Armstrong was trying to find a way in.

The province of B.C. had offered assistance to Louisiana,

and Armstrong — one of the leaders of Vancouver's HUSAR team — secured a plane. They took off for Baton Rouge (New Orleans' airport was closed), but had to re-route to Lafayette mid-flight when they heard Baton Rouge was out of fuel. Upon landing, the team made its way to Kenner, where — within a 30-minute drive of the devastated communities — they were almost sent home.

The now infamously slow U.S. government response had left victims of the flooding without food and water for days. There were rumours of mass looting and civil unrest (much of it later proved unfounded — people had mostly taken food and basic supplies). Authorities were preparing to send in the National Guard.



“You actually feel you made a difference ... I feel proud that we were down there and we were Canadian.”

TIM ARMSTRONG, VANCOUVER HEAVY SEARCH AND RESCUE

Rescue operations were on hold, the Canadians were told. They might as well leave.

“We’re like, what? We’ve gotten all the way here to support and help and now they say there’s no mission for you,” Armstrong remembers, incredulously still in his voice.

Then two detectives with Louisiana State Police walked in. There’s a problem in St. Bernard Parish, they said. “The

town’s totally under water, and the locals are trying to do the best they can and there’s been no outside help come in there.”

The Canadians had a mission.

Armstrong’s first look at the community was of rooftops poking out of water as far as the eye could see. At emergency-operation headquarters, Armstrong met Henry “Junior” Rodriguez, St. Bernard’s outspoken

and boisterous equivalent of a mayor, and the reason why, to this day, some in St. Bernard still falsely believe they were rescued by the RCMP.

“He had a gavel and a jar of dill pickles beside him and a dog curled up around his feet,” Armstrong remembers.

“Vancouver, where’s Vancouver?” Rodriguez asked. Canada, he was told.

“He stood up and said, ‘Hey everybody, the Mounties are here!’”

Before the Canadians arrived, Chief Stone already had about 100 firefighters commandeering any fisherman’s boat they could find to search for survivors. With the Canadians came more resources and equipment, and a more sophisticated operation.

There were 25,000 houses and 3,000 businesses to search. The teams would start 12-hour shifts at 6 a.m. It was grueling, gruesome work.

“The temperatures were in the high 90s, the humidity was very high,” said Stone. “You’d go all day with a sandwich and a few bottles of water, so it was, like, rapid weight loss.” He laughed a little.

“It was miserable. Everything you can think is in the flood water: human waste, dead animals, dead humans, hazardous materials that people keep in



“People were in desperation mode ... It was just absolute chaos, like you’ve never seen before.”

TIM ARMSTRONG

their homes.”

A tank at one of the oil refineries was damaged, spilling about 1.1 million gallons of crude into the water too. They came across giant snakes while searching homes.

“People were in desperation mode,” Armstrong remember. “Everywhere we turned, people running out of their medications were swarming us when we’d arrive in areas. Trying to find someone to communicate with their loved ones. It was just absolute chaos, like you’ve never seen before.”

Stone showed me a map of the community peppered with little red dots representing each of the 129 bodies found. Armstrong’s first fatality was a mother whose family had floated her on a mattress for days, and who died from the heat.

“It was really heart wrenching to get people out of there, and then they still had no real place to go, and didn’t know what was in store for them,” Armstrong wrote in a dispatch from Sept. 3.

Ronnie Lehrmann, owner of Lehrmann’s Bar, remembers the Canadians as among his rescue-worker clientele.

“We opened up from seven to 10, and sometimes six till 10, and we just gave everything away,” he said.

“Sometimes you had 50 or 100 on the street out there waiting to get a cold beer. We had to blow a whistle every 15 minutes, say, ‘OK, 10 people out, 10 people in.’”

In the decade since the storm, firefighter Shaun Murphy has become a Canucks fan, and Armstrong and Stone have become friends. Armstrong has

been back to visit the St. Bernard twice — he’s now an honorary citizen — and Stone has visited Vancouver.

It’s a friendship encapsulated in a single photograph, snapped as the Canadians were preparing to pull out after an exhausting week of operations. The team gave Stone a large Canadian flag, and he told them to hoist it on a makeshift flag pole.

“Then some of the U.S. Coast Guard guys got a little uppity about having a Canadian flag displayed,” Armstrong said. “Of course, in true U.S. style, they had to find a bigger flag and fly it a little higher.”

Katrina still looms large in St. Bernard Parish. Half the population had still not returned by 2010. Sprawling, lush lawns mark where houses used to sit.

Stone jokes that St. Bernard is now the dollar-store capital of the world, while grocery stores remain scarce.

On Friday, Aug. 7, Armstrong got a package at his New Westminster office. Sent by Dani Babineau, whose cousin was rescued by the Canadians, it contained a thank-you card, and a box of T-shirts that read “Mounties are our heroes to St. Bernard.”

“You actually feel you made a difference in not just one person’s life, but many,” Armstrong said of that week in St. Bernard. “And I feel proud that we were down there and we were Canadian.”

Tomorrow: A Canadian helps rebuild the Lower Ninth Ward



“It was really heart-wrenching to get people out of there, and then they still had no real place to go.”

TIM ARMSTRONG

QUICK GUIDE: VANCOUVER HEAVY SEARCH AND RESCUE TEAM



From the City of Vancouver: “The Heavy Urban Search and Rescue (HUSAR) Task Force is a special operations team of up to 120 members with medical, fire suppression, emergency response, search and rescue, and engineering backgrounds.

The task force rescues victims from major structural collapses and other

hazards.

The HUSAR Task Force includes,

- Structural engineers
- Heavy rigging specialists
- Search specialists
- Logistics specialists
- Rescue specialists
- Medical specialists
- Physicians

Members come from following organizations:

- Vancouver Fire and Rescue Services
- Vancouver Police Department
- City of Vancouver Engineering Department
- Vancouver Park Board
- BC Ambulance Service

Chinese rate cut fuels TSX rebound

STOCKS

Loonie dips below 75 cents U.S. for first time since 2004

The Toronto Stock market recovered some ground Tuesday, making up for much of the loss of the previous session as China again cut interest rates in a move

aimed at reviving the world's second-largest economy.

The TSX/S&P composite index was ahead 287.02 points at 13,339.76 in mid-afternoon trading, after falling more than 420 points on Monday. But the loonie continued to take it on the chin, falling to 74.93 cents U.S. by the end of the day, the first time it has been below the 75-cent mark since mid-2004.

Tim Caulfield, director of equity research at Franklin Bis-

sett Investment Management, said Canadians have reason to be hopeful after the pounding the Toronto market has taken since the price of oil began sliding.

"A lot of the bad news is being priced into the market so when we look forward we become more optimistic about future return potential," he said.

The move by China's central bank to cut interest rates came after the Shanghai index dropped to an eight-month low

Tuesday following a string of recent plunges that took it below the 3,000 mark for the first time since December.

China's economic slowdown started as a side effect of the Communist party's plan to steer the world's second-largest economy to a "new normal" of lower, steadier growth. It has turned into a nosedive that the party is struggling to reverse.

THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS



The ticker in Times Square announces an upswing in market values Tuesday in New York City. MARY ALTAFFER/THE ASSOCIATED PRESS

TECHNOLOGY

TuneIn launches adless subscription

TuneIn, the app that gives users free access to thousands of live radio stations around the world, is launching an \$8 US premium monthly subscription service that throws in ad-free listening, audiobooks and live play-by-play coverage of Major League Baseball and soccer from the Premier League and the Bundesliga.

The seemingly disparate offer caters to listeners who have varied tastes, says TuneIn CEO John Donham. That could be news in the morning, music at night, live sports whenever a good game is on, and a good book for long commutes.

"It turns out people want more than just one thing," he said.

The package is meant to emulate the kind of mix one gets from satellite radio giant Sirius XM: premium sports, talk shows and commercial-free music.

"We're out to build a world-wide version of that," he said.

The offer launches in the U.S. on Tuesday, as well as in Canada where it'll cost \$9 per month for Canadian users, and in the U.K., where it'll be 6 pounds a month.

The offer adds 40,000 audiobooks from HarperCollins, Penguin Random House and Scholastic to the few dozen public-domain books already in the

app. New titles include Cheryl Strayed's "Wild," Sheryl Sandberg's "Lean In" and George R.R. Martin's "A Game of Thrones."

Ad-free listening is initially tailored to 600 Internet radio stations. Terrestrial radio stations in the U.S. and abroad are planned to be added in the next few months, Donham says.

Launching a paid tier in addition to its free ad-supported service is born from the desire to add more content to the site that cannot be paid for simply with ads, Donham says, adding that reducing the number of ads played could actually help push prices up.

"If you reduce the number of ads by 10 per cent, the value of each ad would go up," he says.

THE ASSOCIATED PRESS



The app's interface.

TUNEIN/THE ASSOCIATED PRESS

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IN BRIEF

Students shopping earlier online for back-to-school, says Google

Students are flocking online for their back-to-school buys — and they're starting early. Google consumer surveys found that 26 per cent of post-secondary-aged Canadian students said they'll be shopping more for back-to-school items this year compared to 2014. What's more, 20 per cent planned to be finished the task a month before school starts, while 55 per cent will be wrapped up by Labour Day. THE CANADIAN PRESS

market minute



DOLLAR

74.93¢ (-0.47¢)



TSX
13,339.76 (+98.19)



OIL
\$39.31 US (+\$1.07)



GOLD
\$1,138.30 US (-\$15.30)

NATURAL GAS: \$2.695 US (+3.9¢)
DOW JONES: 15,666.44 (-204.91)

metro's election explainer

Taking stock of election results

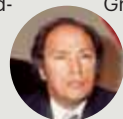
It's been a rough couple of weeks in the markets, with the Toronto Stock Exchange plunging six per cent in the past month and the S&P 500 nine per cent. The economy's on voters' minds as a recession looms, oil slumps and Greece and China rock global markets.

How is this likely to affect the federal election campaign? There are a few clues. A 2006 study of 27 democratic countries found uncertainty in the air in the weeks surrounding an election tends to coincide with significantly more volatility in the markets, especially if the race is close, or power ultimately



1935 Voters blamed Prime Minister R.B. Bennett for not doing enough to stimulate the economy during the

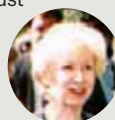
changes hands. According to Yale economist Ray C. Fair's model, a strong economy (of which the stock market is only part) tends to make undecided voters wish for more of the same and favour the incumbent candidate. Here's a trip down not-so-good-memories lane that could shed light on what the next weeks might bring amid an economy and an election both very much up in the air.



Great Depression. Bennett was trounced by Liberal William Lyon Mackenzie King.

1960s-70s

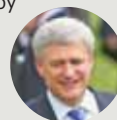
Buoyed by a booming postwar economy, the Liberal Party saw five consecutive victories between 1963 and 1974 — but by that time economic malaise had set in. Liberal Leader Pierre Trudeau secured the PM's job by a margin of just two seats.



1993 Battered by recessions, deficits and an unemployment rate of 11.3%, Kim Campbell's Conservatives were crushed,

losing 167 seats and official party status.

2008 — During a fall election in the middle of the global economic meltdown, Prime Minister Stephen Harper preached the need for stability. He won a minority and, by proroguing parliament, averted an attempt by three opposition parties to form a coalition and take him down. The Toronto Stock Exchange, ever averse to change, cratered by more than 1,000 points the week the coalition agreement was signed.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON COEXISTING WITH CANINES



THE QUESTION

I live near a park where dog owners let their dogs off leash in the on-leash area. Should I say something?

if there are little kids around who are clearly in danger, you'd be better off advising the children and their caretakers to leave the area rather than single-handedly trying to get the dog owners to take their fanged beasts elsewhere.

You might also — as you herd the groups to safety — discreetly call the city or police to report the behavior.

If, on the other hand, the pet owners you are passing appear to be civil human beings, and their dogs are cute and friendly, I encourage you to politely but firmly request they use the off-leash area.

This is not just your right, it's arguably your moral duty.

Owners who illegally let their pets romp off leash turn public opinion against dog owners, and make it much harder to win much-needed space for off-leash romping.

There's also the question of hygiene. Even if the owners scoop any poop in the area, I doubt they're going to remove every last molecule of feces from the grass where you might want to sit, or lie down, or picnic, or allow your own

small mammals crawl around, taste-testing everything they can get their paws on.

The website doodycalls.com says the bacteria in dog waste can cause cramps, diarrhea, intestinal illness and serious kidney disorders in humans. And even cute and friendly dogs are still dogs; they get excited and jump and nip. At best they can trip you as they dart across your path, or snag your favourite sweater when they leap up to show you how much they love you. At worst, a darting, nipping mutt of any size can terrify the infirm or elderly, and easily draw blood from a toddler or infant, which must then lead to rabies shots and,

possibly, a lifelong fear of dogs, not to mention talk of putting down the pooch.

Finally, note that restricting dogs to enclosed, off-leash areas is also safer for the dogs. In Edmonton this year, dog owners are lobbying the city for more fenced-in areas after several dogs were reportedly killed in traffic near a popular off-leash area.

Don't worry about the being a party pooper for the pups. You may be spoiling their fun in the moment, but you'll be doing them a favour in the long run.

Need advice? Email Ellen
scene@metronews.ca



©Ani Castillo

metroview

I quit drinking. I felt amazing. And it ruined my dating life.



Liz Beddall
Metro | Toronto

I had an epiphany in October. I had passed out in the midst of yet another binge-drinking/ binge-eating session and, upon awaking with belly full and mind numb, it occurred to me that perhaps it was time to set this habit aside for a while, just to see what happens. So I did — and things happened.

Twenty pounds shed and happy as a clam, I'm now enjoying the most awake, energized period of life since I was a teenaged alcohol-virgin. I'm proud to bring San Pellegrino to parties, and I feel great while my friends are banging their morning heads against Advil and home fries.

But then that pulsating red heart pops up on Tinder, indicating a match, and I remember what's been lost.

The ongoing scandal of dating in 2015 has been exhaustively documented: breakdowns over text-message, heightists, weightists, no-shows, no apologies, no resemblance to the profile pic. It's an emotionally perilous venture, fraught with heart-break, confusion and anxiety. And into this chaos I now had to tread without my wingman, the sweet, socially stabilizing companion called alcohol.

My sober dates thus far have been plentiful and tough. Alcohol is routinely brought up within the first two minutes and I, candid to a fault, often give over the truth immediately: "I don't drink, but please,

please drink — drink abundantly, get drunk enough for both me and you." The confession invariably sends the date into sombre territory, a sterile atmosphere pervades, and the businesslike conversation ends with a stiff hug.

Back in my alcohol-soaked and very successful dating past, I didn't even have to get drunk. The social leeway afforded by the mere suggestion of intoxication — the free-flowing flirtation, the easy conversation, the silliness and (possibly feigned) charm that comes after even one drink — is so tied up in the ritual that, without a bottle in hand, my companions and I were lost.

Sure, my life was never better, but my dating life was never worse. So guess what I did? I decided that I would allow myself up to two drinks when out on out-of-the-house dates. And so, following my next rightward swipe, at the risk of guilt and regret, I sipped. And it was amazing. Stella needed to get her groove back, and she got it — with a little help from her friend, Ms. Artois.

Over a glass of soda water I rationalize thusly: Growing up means seeking a balance, sometimes awkward, between an expression of happiness at night and confidently facing our reflections in the morning. As long as we're actively attempting to find the best footing on our own high wire, moral compromise is not only permissible. At times, it can be straight-up delicious.

Cheers my dears — and see you on Tinder.

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REALITY IS THAT WHICH, WHEN YOU STOP BELIEVING IT, DOESN'T GO AWAY



EXPLORING SACKVILLE

WELCOME TO THE COMMUNITY

In just over a half-century, Sackville has transformed itself from a rural area to a vibrant and growing community.

Today, Sackville is a self-contained and very liveable community with about 40,000 residents. Housing is affordable, there are many schools, recreation facilities and green space, there's a hospital and public transit service, plus all of the services one needs in the community.

These reasons alone make it a no-brainer as a place for people to live.

Bonuses include that Sackville is centrally located, providing easy access to Halifax, Bedford, Dartmouth, the Annapolis Valley and Highway 102.

But the people are what make Sackville the community it is. Fiercely proud of it, they rally together to make their community a better place to live.

This is best exemplified by the sheer number of service organizations operating in Sackville. Some examples include the Sackville Lions Club, the Kinsmen Club of Sackville, the Sackville Business Association, the Sackville Rivers Association, Fultz House Museum, the Lake District Recreation Association and Acadia Hall.

The impact of these organizations is highly visible, as the groups can often be seen helping out at events hosted by other groups.

These groups are also known for fundraising and building important pieces of community infrastructure, such as parks and playground facilities.

The heart of Sackville is Sackville Drive, the community's version of Main Street.

SACKVILLE'S HISTORY

In 1963, a housing study identified the area as a suitable place for urban residential development. Four years later, the provincial housing department began putting parcels of land together for sale for development. At the same time, central sewer and water supply systems were put in place, putting all together all that is needed for developing a suburban community.

The look of it has changed over the years and it's now filled with more trees and sidewalks, better signage and hanging baskets filled with colourful flowers during the warm months. Additional streetscaping improvements will be taking place in the coming years.

Residents also now have an abundance of food choices to make. In the past three years, 12 new restaurants have opened in Sackville's business district, making for a total of 41.

These restaurants add to traditional favourites like Hellas Restaurant, Tom's Family Restaurant, Kaiser's Sub and Sandwich Shoppes, as well as Subway, which is celebrating 20 years of being in the community.

Whether you're looking to spend a day or a lifetime in Sackville, you won't be disappointed.



Today, Sackville liveable community of about 40,000 residents. CONTRIBUTED



Snow Days in Acadia Park is one of the reason people love living in Sackville. CONTRIBUTED

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Discover Sackville Drive

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EXPLORING SACKVILLE

A great place to live and raise a family

If you've ever met someone from Sackville, they're very proud of their community — and with good reason.

"It's a family-oriented community. It always has been and continues to be," said Brad Johns, the councillor for Middle/Upper Sackville — Beaver Bank — Lucasville.

Sackville attracts a lot of families because housing is affordable, there are good schools, a library, public transit, a hospital and lots of fun activities and recreation opportunities.

While Sackville is known as a bedroom community, the reality is it has everything people need to live their lives and enjoy it.

"Everything seems to be here," said Steve Craig, the councillor for Lower Sackville.

Johns says there's a real sense of community spirit in Sackville and points to events like Patriot Days, the Sackville Snow Days festival and Weir Rockin' as examples where the community's pride is on full display.

With two children, Johns says his family rarely needs to leave the community to have fun.

Kids can play sports such as hockey, baseball, soccer and golf right in the community.

Location is also something that attracts people to Sackville.

"We are in the centre of everything," said Johns.

Whether someone wants to head into Halifax, Bedford, Dartmouth, Truro or the Annapolis Valley, Sackville provides the central location that allows people to quickly get to their destination.

Sackville is also attractive to adults. Besides the reasons mentioned above, there's



CONTRIBUTED

a movie theatre and lots of clubs for them to get involved in, such as theatre, photography and gardening.

Craig — who moved to the area in the early 1970s — says there's a "sense of belonging" in the community and there are things in the community that interest residents and get them engaged.

A big reason for this is the abundance of service organizations which help make the community a better place.

"So many different community groups and organizations provide recreation and leisure [opportunities], support for the elderly and support for youth," said Craig.

One example is the Kinsmen Club of Sackville, which played a pivotal role in the

recent opening of a splash pad at Kinsmen Park, located at 71 First Park Drive.

Given the way the community is, it's no

surprise so many people who grow up in Sackville choose to call it home for the rest of their lives.

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DISTRICT 14
Middle/Upper Sackville - Beaver Bank - Lucasville
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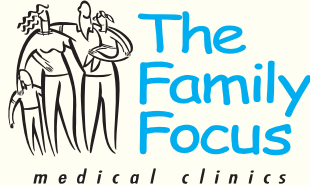
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In October, Boston Pizza plans on having a grand reopening as a way to thank the community of Sackville. CONTRIBUTED

Boston Pizza: The community restaurant

For the last year, the Boston Pizza at 710 Sackville Dr. has been under new ownership and management. With these changes, a focus was placed on improving the customer experience.

"We're really trying to put the guests first. We want to make sure that everyone coming in feels like they are having an experience that is unique to them. We want to get to know our guests better," said Alana Nafthal, the community relations coordinator for Boston Pizza.

This is the experience customer Willa Fleming gets when she and her husband go to Boston Pizza for their weekly visit.

"As soon as you walk through the door, you're so warmly received," she said.

Fleming said she loves everything about Boston Pizza: the food, the service and the people.

Recently, it was her husband's birthday, so they decided to go to Boston Pizza for lunch that day. She got in touch with one of the restaurant's managers just to ask if she was working that shift.

When Fleming arrived, to her great surprise, the usual booth they sit at was

decorated with balloons and ribbons. A complimentary bottle of Fleming's favourite white wine was even offered up. She was surprised, but at the same time, she wasn't.

"We felt very special, but we normally do when we go there," said Fleming.

Besides fantastic experiences inside the restaurant, Boston Pizza has also focused on having a much more visible presence inside the community. It has done this by dropping off pizzas at the local police and fire stations, as well as providing pizzas for a community cleanup.

For a recent soccer tournament in the Sackville area, Boston Pizza gave away the player of the game prizes, of which there were 255.

For sports teams or community groups looking to fundraise, Boston Pizza is happy to be a partner and help with fundraising opportunities, as it fits in well with the restaurant's focus of helping make the community a better place.

In October, the restaurant plans on having a grand reopening as a way to thank the community of Sackville.



Content Solutions

Sackville Drive



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EXPLORING SACKVILLE

The voice of the Cobequid community

The station aims to be all things to all people

The radio station 97.5 Community Radio (CIOE-FM) is what Jim Robson calls “a throwback to old-fashioned radio.”

Rather than having one specific focus, the station is all things to all people, whether that’s the music listener who wants to listen to east coast music, electronic music or classic music like the Beatles and Elvis Presley, or somebody who wants to know more about what’s going in their community, or people wanting to learn more about money management, consumer affairs, health, the law and real estate.

For music programming, the music is focused on a specific niche. In other words, you won’t hear Elvis and techno music on the same program. Rather, the blocks of music programming are devoted to certain niches.

“From a musical perspective... we’re the most diverse, eclectic radio station, certainly within the region or anywhere you would find in Canada,” said Robson, the chairperson of the Cobequid Radio Society, the non-profit organization that oversees the running of the station.

Serving a population base of 400,000, there’s a need for diverse programming and the station is producing over 30 programs a week.

Based in Lower Sackville, the station aims to serve the entire community, but specifically targets the Cobequid region and targets communities like Clayton Park west, Bedford, Hammonds Plains, Lucasville,



Jim Robson says 97.5 Community Radio (CIOE-FM) offers the most eclectic music selection in Canada. CONTRIBUTED

Lower and Middle Upper Sackville, Waverley, Fall River and Beaver Bank.

“We focus in on the news, events and activities of each and every community that we serve,” said Robson.

As a strong supporter of communities, the station profiles new business startups in its business shows and also highlights established local businesses and how they have helped the communities they operate in.

The station officially launched in May and offers programming to keep its listeners happy and engaged, whether they’re nine or 90. Besides tuning in at 97.5 FM, people can listen online at communityradio.ca.

The late Owen Davis was the brainchild behind the idea for the station. Sadly, he died in October 2011.

LOOKING FOR VOLUNTEERS

For people looking to get involved with 97.5 Community Radio (CIOE-FM), the station is always looking for people who have an idea for a program and want to host it, people to help answer phones, act as community correspondents to provide the news of what’s happening in their neighbourhood, as well as other tasks. If you want to get involved, contact jim@communityradio.ca or al@communityradio.ca. They’d love to hear from you.

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Discover Sackville Drive



EXPLORING SACKVILLE

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Revitalized Sackville Drive

Sackville Drive is the main street for the community. The heart of it is a 3.5 km stretch running between Cobequid Road and the Beaver Bank Road. According to the city, about 1,500 car trips run on Sackville Drive each hour.

"The look and the feel of it has changed considerably over the years," said Steve Craig, the councillor for Lower Sackville.

The street has a fresher and cleaner look with better signage, there are more trees, sidewalks have been extended and medians include grass and trees, resulting in a visually-pleasing backdrop.

One of the reasons for this fresh look is a streetscaping design study that was approved by council in 2002. The study had a goal of revitalizing Sackville Drive into a safe and thriving retail destination. The plan aimed to "sustain existing businesses, attract new retail businesses, and draw local and non-local consumer markets to the street."

Michelle Champniss is the executive director of the Sackville Business Association (SBA), a non-profit organization representing 300

businesses within the business improvement district. She says many of the improvements suggested in the 2002 study have been implemented, but some projects have not been able to be implemented because of issues such as property ownership.

"We want to continue to see improvement," said Champniss. "We're now ready to embark on the next phase and this means a refresh of the streetscape study. The area of focus also needs to expand in order to allow for the expanding business district."

As this exciting development takes place, it's important to look at what's been done over the last 13 years. Some of the initiatives include hanging 73 flower baskets along Sackville Drive each year, better welcome signage for the community and the planting of 180 trees along Sackville Drive.

A signage and façade improvement program has resulted in businesses investing close to \$700,000, thanks to a program put on by SBA that provides financial incentives for doing so. To date, 63 signs and eight facades have been upgraded.

At Christmastime, one noticeable improvement has been the hanging of 60 holiday wreaths and the installation of 30 snowflake lights along Sackville Drive. The latter initiative is a partnership between Craig and the SBA, with Nova Scotia Power responsible for the installation. Regardless of the time of year, Sackville Drive has never looked better — and it's only going to get better.



Hanging baskets filled with colourful flowers can be found along Sackville Drive during the warmer months. CONTRIBUTED



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AREA LEGION MORE THAN JUST A BUILDING

When Glenn Hobin says he grew up with the Legion he means it literally.

In 1979, his father was a founding member of the Royal Canadian Legion Calais Branch 162 and his mother helped kick start the Ladies Auxiliary. Before Hobin was old enough to join, he helped clear the land where the building now sits off Sackville Cross Road.

It's more than a building to Hobin — it's a meeting place, a starting point for community support programs like Meals on Wheels, and a place to keep memories alive. Hobin, who retired from the navy, said he enjoys supporting veterans and talking with Second World War and Korean War veterans.

"It's a wonderful thing, especially being from a military background," he said.

Carol MacDonald, public relations officer and treasurer, said while the branch was bustling back in the early days with nearly 1,500 members, now membership is dwindling — especially lately. "The number of regular patrons has decreased significantly the past few years," she said. "As treasurer of this branch, I can tell

you that with escalating utility rates, equipment repairs and maintenance costs, it is hard to make ends meet."

They've had to replace many items including lighting, furnace and a water heater. A recent \$10,000 grant from the province will help them replace an antiquated, 20-ton air conditioning unit with heat pumps by early next year, she said. A drop in membership is something Legions are facing country-wide. MacDonald said it's due to veterans passing away, a lack of interest from the younger generation and people getting caught up with technology.

She added they run a membership drive with incentives starting in September and no longer require new members to be a veteran or a relative of a veteran, they just need a member to sponsor them in order to submit an application. The place is run on volunteer power, MacDonald said, and the support they provide is tremendous.

"We have a special day in the branch for the veterans from Veterans Memorial Hospital.

They are brought to the branch, where we provide entertainment, treats and a home-style meal plus we take the party to them every year just before the Christmas holidays," MacDonald said.

They loan out the building all the time to non-profit groups for fundraisers and events like exercise classes and social gathering for seniors. The upstairs kitchen is home base for the Bedford/Sackville Meals on Wheels. Plus, over the years members have donated many thousands of dollars — an estimated \$1,490,000 since 1993 — to charities including Special Olympics, the Arthritis Society, and Children's Wish.



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A PROUD TRADITION OF VOLUNTEERISM

Volunteers are the backbone of the community in Sackville. Whether it's helping to put on a great event or providing support for the community, the many service organizations in the community help make it a great place to live.

"They all tend to work with each other and complement each other and everybody's pulling together for the sake of the community. Each of them has a piece of the fabric in the quilt," said Steve Craig, the councillor for Lower Sackville.

Some of the service organizations in the community include the Sackville Lions Club, the Kinsmen Club of Sackville, the Sackville Business Association and the Sackville Rivers Association.

Elmer Grove is the president of the Fultz House Museum, a community museum run by a not-for-profit society. He says there's a lot of cooperation amongst residents and the service organizations to make the community a better place.

During the summer, the museum hosts a Tuesday tea, a lunchtime event where people can have sandwiches and tea for \$6.00. The weekly event is a crucial fundraiser for the museum.

"They are basically sponsored by different groups in the community," said Grove, noting that each week, it's a different group helping provide the food and staff for the tea.

These organizations are sometimes community group, or even a private business — all united by their effort to make the community a better place.

The abundance of service organizations helps people get invested in their community and allows them to take



Volunteers from the Sackville Rivers Association are hard at work at the 2014 Spring Duck Run. CONTRIBUTED

ownership of it, says Grove.

When issues facing the community come up, such as a proposed development, these groups mobilize and come together to either come out for or against a project.


"It allows for an influence on development," said Grove.

The abundance of service organizations also makes for an interesting evening at the annual volunteer appreciation dinner put on by the Lake District Recreation Association. The dinner is always a full house, attracting

more than 200 people.


Linda Hefler is part of the group behind Acadia Park, an effort to convert two former baseball fields into a park. The six-acre park is half complete and organizations such as the Kinsmen Club of Sackville, the Sackville Lions Club and the local chapter of the Royal Canadian Legion, as well as local businesses and residents have all contributed to make the park a reality.

"Sackville has always been a community that rallies together to get things done," she said.



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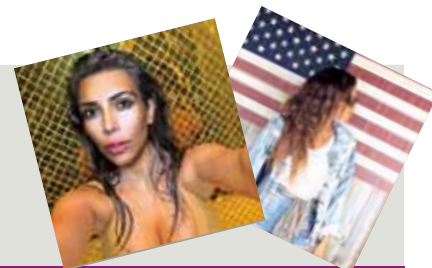


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AGRICULTURE

Time is ripe to buy from Canada's vast fresh crop

Whether they're cultivated or wild, juicy Canadian-grown blueberries are in stores now.

A hot dry summer in B.C. — which produces the lion's share of the fruit in this country, with more than 800 growers in the province — has meant the crop is farther ahead than usual.

While they're generally harvested until the first week of October, "we're going to be lucky if we go to the first week of September this year," says Debbie Etsell, executive director for the British Columbia Blueberry Council.

Meanwhile, on the East Coast, the harsh winter delayed the start of the wild blueberry harvest by about a week.

"The harvest is a race with winter," says Peter Rideout, executive director of the Wild Blueberry Producers Association of Nova Scotia.

"The fruit won't stand any frost at all on the vine so ... If we happen to get an early September frost, that would be a concern on fruit that hasn't been harvested."

There are two basic types of blueberries. Highbush, or cultivated, bear larger berries. Lowbush, or wild, are smaller.

The highbush plant was derived about a century ago by Elizabeth Coleman White, a New Jersey woman who teamed with botanist Frederick Coville



B.C. produces the most blueberries in the country, with 800 growers in the province. THE CANADIAN PRESS/HANDOUT

to domesticate the wild blueberry plant.

Wild blueberries grow across the northeast up into the boreal forest, with the commercial highbush crop coming mainly from B.C., the Maritimes, Quebec and Maine, says Rideout. A small amount come from Newfoundland and Labrador and northern Ontario.

Look for fairly firm, sweet-smelling berries with no signs of mould or mildew and no crushed berries in the box, Foodland Ontario advises.

Store them loosely covered in their clamshell containers or transfer to a self-sealing plastic bag and refrigerate or freeze.

Take out what you need and wash just before use. Blueberries have a natural bloom — a silvery

sheen — which is nature's protection. If you wash it off before storage, the berries won't keep as long, Etsell says.

About 90 per cent of the wild blueberry crop is frozen within 24 hours of harvest, which involves laborious hand raking and separating the berries from twigs and leaves.

"A lot of that frozen fruit will be transformed into dried fruit or fruit purée or preparations for dairy product," such as yogurt and ice cream, Rideout says.

Both wild and fresh blueberries are packaged frozen for sale throughout the year in grocery stores.

The U.S. and Japan are big export markets for both wild and cultivated Canadian blueberries.

THE CANADIAN PRESS

RECIPE: BLUEBERRY TURKEY BURGERS

Makes 4 burgers.

Ingredients

- 2 tsp vegetable oil
- 3 Tbsp barbecue sauce
- 4 whole-grain burger buns
- 1 lb (500 g) lean ground turkey
- 3/4 cup blueberries, fresh or frozen, roughly chopped
- 1/4 cup chopped green onion
- 1 large egg
- 1 Tbsp whole-grain mustard
- 1 Tbsp chopped fresh parsley or 2 tsp dry
- 2 tsp chopped fresh thyme or 1 tsp dry

- 1 tsp finely minced garlic
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp bread crumbs or ground flax seeds (if needed)

Directions

In a bowl, mix burger ingredients and form into four 2-cm thick patties. If mixture appears too wet, add bread crumbs. Refrigerate until ready to cook.

Preheat a heavy-bottomed pan or barbecue to 350 F. Grease grill with an oiled paper towel or heat oil in pan. Sear patties on medium-



high heat, cooking for five to seven minutes until browned.

Carefully flip over, reduce heat to medium-low and finish cooking for another five to seven minutes until internal temperature reaches 165 F.

Brush with barbecue sauce and serve on buns with condiments of your choice.

THE CANADIAN PRESS

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TOP SIX@6 LAST NIGHT:

- 6 Ed Sheeran Photograph
- 5 Rina Mae Clothes Off
- 4 Selena Gomez ft ASAP Rocky Good For You
- 3 Demi Lovato Cool For Summer
- 2 R.C. City ft Adam Levine Locked Away
- 1 The Weeknd Can't Feel My Face

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Preserve food with dry wit

THE DEHYDRATOR BIBLE

With this cookbook, you won't need store-bought

In The Dehydrator Bible, readers can learn the best ways to dry foods for their pantry and how to use the items in recipes.

An easy way to use up seasonal fruit and create treats to tuck into school lunches is to make fruit leathers.

"You literally purée the fruit, spread it out (on a dehydrator tray) and you've got this wonderful snack," says Jennifer MacKenzie, a home economist and co-author of The Dehydrator Bible.

"They come out uniform and you can do some amazing combinations. So instead of buying those fruit snacks from the grocery store you can make your own."

Included in the book are strawberry and banana, apple and grape, peach and vanilla or watermelon, mango and lime, among others.

MacKenzie also suggests making vegetable leathers with roasted pumpkin, squash or mushrooms, which are great to simmer into sauces to boost flavour.

Here's one recipe to try:

Apple, Cranberry and Oat Breakfast Crumble

- 2-l (8-inch) glass baking dish, greased
- 375 ml (1 1/2 cups) dried apple slices
- 75 ml (1/3 cup) dried cranberries
- 1 ml (1/4 tsp) ground cinnamon



Apple, cranberry and oat breakfast crumble is one of the tasty recipes readers can find in The Dehydrator Bible. HANDOUT

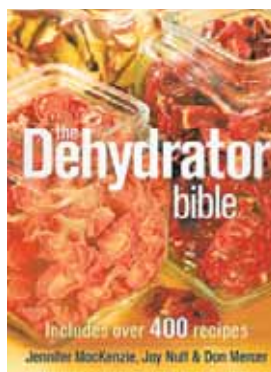
- 425 ml (1 3/4 cups) unsweetened apple juice, divided
- 250 ml (1 cup) quick-cooking or large-flake rolled oats
- 30 ml (2 tbsp) whole-wheat flour
- 30 ml (2 tbsp) liquid honey or maple syrup
- Flavoured yogurt, for serving

In a prepared baking dish, combine apples, cranberries and cinnamon.

Pour in 375 ml (1 1/2 cups) of the apple juice. Cover and refrigerate for at least 8 hours or for up to 12 hours.

Preheat oven to 375 F.

In a bowl, combine oats, flour, honey and remaining apple juice, stirring until crumbly. Sprinkle over apple mixture.



Bake for about 20 minutes or until fruit is hot and bubbling and topping is crispy. Serve hot or warm, with a dollop of yogurt. Makes 4 servings.

THE ASSOCIATED PRESS

WORD OF MOUTH

Finding your thrill on berry hill

NUTRI-BITES

Theresa Albert
myfriendinfood.com



Wild blueberry picking is the most romantic date. Think of how much you would learn about a partner: willingness to hunt and pick patiently versus outbursts if the bucket spills, commitment to nature versus tramping on shrubs, resilience to mosquitoes and tolerance to bees (kill a bee, and our friendship is over). But most of all, a love of wild blueberries that runs

so deep he or she would spend an entire day to gather a few cups of the most delicious, high-nutrient fruit grown in North America. Or, you could buy them fresh and in season right now and go to the movies.

A few things I learned about wild versus cultivated blueberries: They grow in nutrient-rich glacial soils and thrive in harsh climates. They have a higher skin to pulp ratio (read: they're smaller) which means more antioxidants and intense flavour.

Blueberries aren't just for dessert; they are amazing as a sweet pop of taste in savoury

dishes. Try:

- A salsa of blueberries, minced purple onions and vinaigrette
- On pizza with feta cheese and basil
- In an omelette with sweet mascarpone cheese along with blueberry tea biscuits

Being versatile, intense, full of life, resilient and hearty are great qualities in potential mates and blueberries. Go figure.

Theresa Albert is an on-camera

food and health expert, nutritionist and writer who loves to spread the word on food.

PINOT GRIS

Oregon wine? Believe it

LIQUID ASSETS

Peter Rockwell
@therealwineguy



You're forgiven if you believe California is the only American wine producer. After all, The Golden State pumps out 90 per cent of the juice made in the U.S.

Believe it or not, every state (including Alaska) makes wine, with Washington and Oregon leading the non-Cal pack in production. Though Washington's

near desert-like climate may not seem overly grape friendly, it's able to produce amazingly expressive wines; especially from Riesling, Syrah and Cabernet Sauvignon. Oregon wines have a European flare, with Pinot Noir and Pinot Gris (a.k.a. Pinot Grigio) the base of the best of its best.

Firesteed Cellars, owned by venerable Howard Rossbach, is an Oregon trailblazer. Its 2013 Pinot Gris (\$17.60-\$19.99) is a dry, citrus-rich wine that swings heavily towards the Grigio side

of the grape variety's personality.

Try it with some fresh white fish, lighter poultry dishes or as an aperitif alongside some prosciutto-wrapped melon.

Prices reflect the range across the country.

Some products may not be available in all provinces.



NEW RESEARCH CONTRADICTS COMMON BELIEF

Fish oil supplements don't prevent mental decline, new study says

Fish oil supplements, which are high in omega-3 fatty acids, do not protect against mental decline, said a study released Tuesday.

The five-year clinical trial, published in the Journal of the American Medical Association, is "one of the largest and longest of its kind," according to a statement from the US National Institutes of Health, which funded the

research.

"Contrary to popular belief, we didn't see any benefit of omega-3 supplements for stopping cognitive decline," said study author Emily Chew.

Omega-3 fatty acids are found in fish oils, and people who regularly eat fish such as salmon, tuna and halibut have been

shown to have better eye, heart and brain health than people who do not eat these kinds of fish.

But consuming the oils in pill form is not the same. AFP



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5 BEST BEAUTY TRENDS FOR THE NEW SEASON

Fall is an excellent excuse to shake-up your beauty routine. From earth tones, cat eyes and strong puckers to gothic romance, here are the best makeup looks to keep you on-trend this season. **AFP**



© LEON NEAL/AFP

1 Autumn colors

It may sound obvious, but earthy shades are the perfect way to usher in fall. Soft eggplant hues were on show at the Burberry Prorsum AW15 show, keeping the look dreamy and romantic. Chanel has named its new makeup collection Les Automnales and based it on the natural colours of the season, with muted tones illuminated by shimmering touches of gold, bronze or copper, evocative of the plays of light cast by rays of sunlight on tree branches.



©MIGUEL MEDINA/AFP

2 Tomcat eyes

The cat eye isn't going anywhere soon, but it has been revamped. Black liner was smudged and grungy at Diane von Furstenberg, straight and masculine at Fendi and exaggeratedly square at Saint Laurent, so feel free to get creative.



©GIORGIO ARMANI PRIVÉ

3 Bold lips

A bold pout in an offbeat color is the style trick that will see you through the winter. Giorgio Armani Privé's "Shocking" haute couture show in Paris focused on punkish and unapologetic pink in the house's new Ecstasy Lacquer lipstick (\$38) in Maharajah, which launches this September, while burgundy was the color du jour on the Roksanda AW15 catwalk. Other options include the new limited edition Pure Color Envy Matte Sculpting Lipstick by Kendall Jenner for Estée Lauder, which comes in a vibrant matte red-orange hue.



©BEN STANSALL/AFP

5 Gothic vibes

The shorter days and colder weather are enough of an excuse for us to indulge in a more gothic look, and we'd only be following the fashionable example set at Giles, where smoky eye sockets, pale bases and strong black lipstick set the tone for the season. Take inspiration from Vivienne Westwood, whose AW15 show saw models sporting elaborate smudged eyes, or Alexander Wang, who sent models down the runway wearing the new NARS Aigle Noir Velvet Shadow (\$28).

4 Twenties hair

Release your inner flapper girl, for this is the season of Twenties hair. From the cinematic kiss-curls on show at Givenchy to the razor-sharp bobbed hairpieces at Chanel couture, the playful and theatrical nature of the Jazz Age crept into the AW15 shows. If you don't want to go all the way, then consider channeling the look with the help of a crimper or curling iron, a side-swept fringe and some bobby pins.



©PATRICK KOVARIK/AFP

MERCEDES-BENZ START UP PROGRAM

T.O. designer a contest finalist

A Toronto-based womenswear designer has a second chance at success in an annual contest for up-and-coming Canadian designers.

Laura Siegel has been named as a wild card entry in the Mercedes-Benz Start Up program. She recently participated in the semifinal runway show in Thornhill, Ont., but didn't initially make the final cut. Siegel was also a finalist in last year's competition.

Toronto-based womenswear line Narces, designed by Nikki Worthensohn, and Montreal's Leinad Beaudet were also selected as wild-card entrants.

They join a trio of previously announced finalists, including Calgary unisex brand S.P. Badu by Spencer Badu and Montreal-



Laura Siegel.
THE CANADIAN PRESS

based UNTILD designed by Jose Manuel St-Jacques and Simon Belanger. Sisters Chloe and Parais Gordon of Toronto-based womenswear and accessory brand Beaufille round out the list of finalists.

The six labels will participate in the national finale at Toron-

to's World MasterCard Fashion Week. Each is vying for a prize package that includes a \$30,000 bursary and a fully produced runway show during Fashion Week next March.

Designers competing in Start Up must have a registered Canadian business that has been operating for less than five years.

This marks the fifth year in the nationwide search for Canada's emerging fashion talents. In addition to Thornhill, semifinal runway shows were also held in Calgary and Montreal.

Previous Start Up winners include label Martin Lim, Duy Nguyen, Cecile Raizonville of Montreal-based label Matière Noire, and Edmonton's Malorie Urbanovitch. THE CANADIAN PRESS

GOSSIP TYGA'S DIRTY TRACK; EMMA'S FORMER FLAME

Tyga's racy new track

This certainly won't make dinners at the Kardashian house any less awkward. Rapper Tyga dropped a new track off his upcoming album yesterday called *Stimulated*, and while the steamy lyrics never mention his newly 18-year-old girlfriend, Kylie Jenner, by name, there's plenty of speculation



that it is about her. "They say she is young, I shoulda waited. She a big girl, dawg, when she stimulated," he raps. "She a big girl dawg, I'm puttin' in. Yeah I'm penetrating." That's just lovely, isn't it?

NED EHRBAR/FOR METRO

Roberts hangs out with ex

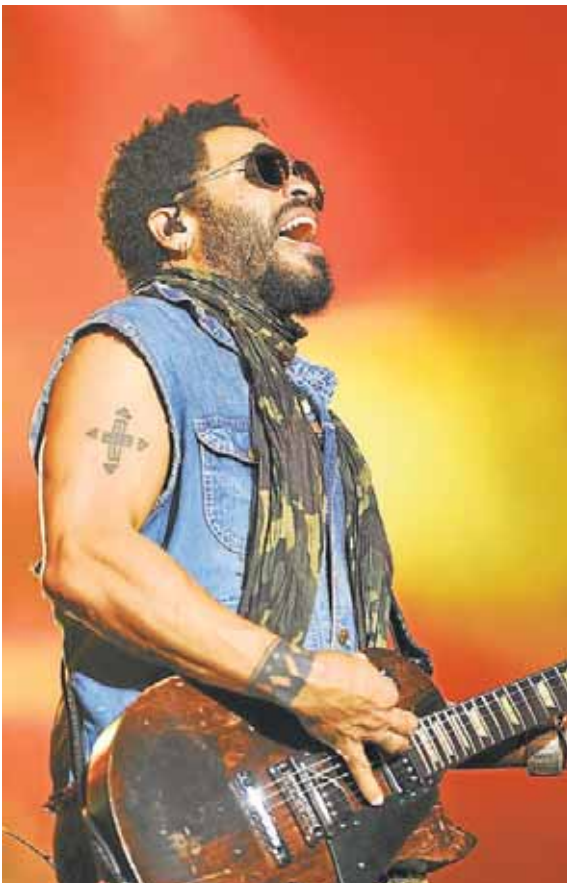
Emma Roberts and her American Horror Story co-star and ex-fiancé Evan Peters were spotted having dinner together in West Hollywood recently, looking awfully chummy for a pair that broke off their engage-

ment two months ago. The on-again, off-again couple are no strangers to relationship drama — there was that whole domestic disturbance in a Montreal hotel episode which left Peters with a bloody nose and Roberts in handcuffs — but their breakup this summer was supposedly pretty easy.

"Their three years together just ran its course. They have so many great memories together but couldn't make it work in the end," a source told *Just Jared* at the time.

"The breakup was amicable. There was no drama whatsoever. Emma and Evan are even still friends." So maybe this was just a friendly dinner?

NED EHRBAR/FOR METRO



Lenny Kravitz is still touring in support of his 2014 album *Strut*. GETTY IMAGES

Kravitz, as always

INTERVIEW

Rock star still strutting his stuff

Lisa Weidenfeld
For Metro

Lenny Kravitz is one of those musicians who could be coasting by now.

He's had huge hits, appeared in *The Hunger Games* and performed in the Super Bowl with the famous Left Shark (oh, and Katy Perry and Missy Elliot). But he's just as hard working as ever, with 2014's *Strut* earning high praise from Rolling Stone, and a current tour (that included a date in Sweden and a wardrobe malfunction that took the Internet by storm).

The resulting album has a gritty old-fashioned feel to it, which has led to some moody, black and white music videos that almost look like art films.

"That's what I gravitate towards, really. The music I think calls for that," says Kravitz. He says he likes black and white

because "it can be so much more dynamic and realistic."

He found people to collaborate with who were already doing the type of work he was imagining for the videos, but says the result is always a pleasant surprise.

"You still never know what you're going to get until it's done. Videos have always been that way. You hire the person you want, and everything's perfect until you get it and it's not what you thought. Sometimes it is. But these last videos, I was very happy with."

The album also marks his first release under his own record label, Roxy Records.

"It gave me an opportunity to exercise a lot of the things I've learned. And also to follow my desires: This is how the money's spent, this is what we're going to do, etc."

But just because he's running things now doesn't mean he's changing what he does too much. He played many of the instruments on *Strut*, just as he's always done.

"It's just the way I started. I didn't do it on purpose. I couldn't afford to pay people

🎵 SUPERBOWL PIECING IT TOGETHER

'You definitely don't want to screw up'

Kravitz played for one of the biggest audiences in the world earlier this year when he played the Super Bowl half time show with Katy Perry, which he called "surreal."

"I've done my own concerts in front of a million people. I did a concert years ago in Rio for a million people. (At the Super Bowl)

there are less people in front of you, but you realize it's going out to millions of people across the world. So you definitely don't want to screw up."

He also had high praise for the headliner, saying Perry "hadn't eaten for, like, two weeks. She's very disciplined, working day and night. So it was a good release afterwards."

when I made my first record, so I played all the instruments myself. Then it became sort of my thing, my sound." The album has been enough of a success that Kravitz is still touring in support of it a year later, but he says he doesn't let that kind of thing go to his head too much.

"Anytime someone says something nice, it's a nice thing. Whether or not I get recognition, I stand by my work. I express myself honestly and authentically, so therefore it's

successful."

That honest expression is important when he considers what to write about next.


Asked if he's interested in any particular subject, he answers, "Whatever comes. You know, it's your heart speaking, your soul, your subconscious. It's all of that. So whatever has to come out, comes out."

And wherever that type of thinking takes him, he's happy. "I'm always wanting to do something I'm not doing, because that's just the way I am."

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A sports coupe with lots of sport



REVIEW

M235i Coupe one of the edgiest models in the BMW catalogue



Mike Goetz
Metro | Canada

The BMW M235i is built to a formula that driving enthusiasts never tire of — put a big engine in a small vehicle. This never fails to make the small vehicle go real good.

The M235i does not let the formula, or driving enthusiasts, down. This is a wonderful and understated sports coupe, which makes the most out of its high-end BMW hardware.

The 2 Series is BMW's smallest car line. The M235i XDrive is at the absolute upper limit of the 2 Series range. The "M" prefix denotes it as one of BMW's new-to-North America "M Performance Automobile" models, which raises the sporting quotient over regular models, but not to the extent of full-on "M" models, such as the M4 Coupe or M5 Sedan.

It features a unique 3.0-litre inline six cylinder cranking out 322 hp and 332 "torques," M-specific chassis tuning with automatically adaptive suspension, upgraded braking, variable sport steering and exhaust, and Michelin Pilot Super Sport tires. The latter is as racy as premium, sporting tires get.

The not-too-dramatic styling is a perfect fit for the dual nature of this car. When you just

want to schlep around town in comfort and save fuel, you can select the COMFORT or ECO PRO settings on the Driving Experience Control and away you go. When you want to access the M235i's wild side, you can select SPORT or SPORT+ and away you go too, but way faster.

The XDrive all-wheel-drive system never detracts from the essential rear-wheel drive feel of this sports coupe. The 8-speed automatic is very frisky, and well suited to engaged driving. The M235i is also surprisingly comfortable over rough pavement.

The cabin is pretty much BMW standard issue, which is to say tastefully done, and with an iDrive master controller and some real switches and buttons (and no touch screen). The front seats are extremely comfortable and extremely adept at holding you in place when you're losing your mind (in a good way) in the corners. Not surprisingly, the rear seats are a bit tight.

The M235i can be had with every connectivity and active safety tech piece on offer by the industry, but as per premium German brand practice, option packages are premium priced. The nice stuff on our tester added another \$9,350 to the \$48,750 base price.

The M235i doesn't seem to have any direct competitors. It's the only compact, two-door, RWD sport coupe from the premium makes; the others offer sport coupes but one rung up in size class (like Cadillac ATS). Other competitors might include FWD-based go-fast premium coupes (like Audi S3), and maybe non-premium RWD coupes (like Ford Mustang).

THE CHECKLIST | 2015 BMW M235i XDRIVE

THE BASICS

Type. Premium, compact, two-door, RWD/AWD sports coupe

Power. 322-hp, turbo, 3.0-litre I6

Transmission. 6-speed manual or 8-speed automatic

Price. Base \$48,750 (plus destination)

NOTABLE FEATURES

- ConnectedDrive package includes Internet, real-time traffic alerts, and concierge services
- M Performance Exhaust and Adaptive Suspension system
- To save fuel, automatic transmission disengages from engine when drivers take foot off the gas



MIKE GOETZ/FOR METRO

POINTS

- Previously known as 1 Series. All-new platform for model year 2015
- All 2 Series vehicles exclusively two-doors. Cabriolet model added for model year 2016
- Base 228i Coupe (\$36,000) is RWD and powered by 241-hp twin-turbo "four"

MARKET POSITION

- Premium compact coupe for those who prioritize driving pleasure
- "M Performance Automobile" trim means more sport than normal, but not as much as full "M"
- Spiritual success to BMW's original small sports coupe, the iconic 2002, built from 1962-77

THE COMPETITION



Audi S3
Base price: \$45,400



Mercedes-Benz C 350 4Matic Coupe
Base price: \$56,050



Hyundai Genesis Coupe
Base price: \$38,185

MANUFACTURING

A car is born: Taking an inside look at a Chrysler casting plant



DRIVING FORCE

Jill McIntosh

During the Second World War, the Canadian government commissioned a factory on the west side of Toronto to build parts for military planes. In 1964, it was purchased by Chrysler, which used it to make engine components.

Now considerably enlarged and known as Etobicoke Casting, the plant is one of the com-

pany's top casting facilities. It uses proprietary aluminum alloy and high-tech methods to make vehicle crossmembers, as well as other parts that go into every vehicle the company sells in North America except for Viper and Fiat.

"Not many people can (make) these parts," says Ramsey Aljahmi, the plant's manufacturing manager. "There are very rigid quality requirements for these structural parts."

The plant makes many of its parts from a traditional alloy called 380, which is delivered

molten from a nearby supplier. But it's too brittle for making crossmembers, which not only need some flexibility to handle road stress, but have to be strong enough to support all the suspension parts bolted to them.

For that, the plant uses a special alloy called Silafont, developed in Germany and available from a single North American supplier in Missouri. Since it's too far away to deliver molten, the alloy arrives in ingots that are melted in furnaces in the plant. It's injected into the moulds at very high speed

and high pressure, filling the cavity in less than one-tenth of a second. While it would take six to eight minutes to cast the part conventionally, the high-pressure system does it in two.

Any trapped air in the part could cause it to fail, and so each is X-rayed with 46 separate images. "It's like doing an MRI on every single part," Aljahmi says. "If one portion solidifies at a different rate, it can cause voids in the casting."

Parts that pass the X-ray screening are sprayed with fluorescent penetrating fluid,

rinsed and then examined under blacklight, where workers look for any traces of glowing fluid that could indicate tiny cracks. Finally, they're stamped with an approval code and shipped out to vehicle assembly factories.

The plant is considered so good at what it does that its engineers have helped to train other casting facilities, including one of Fiat's key suppliers in Italy. It's also believed to be the largest single user of Silafont alloy worldwide, and will cast some 20.4 million kilograms of it this year.



Crossmembers are sprayed with fluorescent fluid so that workers can check them for any tiny cracks.

JILL MCINTOSH/FOR METRO

2015 Kia K900

It was likely only a matter of time before Kia developed a car that's based on the rear-wheel-drive platform used by the Hyundai Genesis (the two companies share most platforms). The weirdly named Kia K900 is the largest, most luxurious, most powerful and the most expensive (\$50,000 to start) Kia to date. **JEFF MELNYCHUK** WHEELBASE MEDIA

THE RUNDOWN

1 Wheels

Eighteen-inch wheels are standard. These optional 19-inch wheels are 2.5 centimetres wider at the rear and are wrapped in tires that are 27.5 centimetres wide.

2 You want interior room?

The front and rear wheels are spaced 20 centimetres farther apart than they are for the Cadenza sedan.

3 Headlights

Sixteen LEDs: eight per side. LED technology can also be found at the rear.

4 Weigh-in

The K900 has a base curb weight of 1,940 kilograms.

5 Engines

There's a base V6 engine and optional 420-horse 5.0-litre V8 mated to an eight-speed automatic transmission.

TECHNOLOGY

Fingertip controls



- "Shift by wire" (optional) has no hard connection to the eight-speed transmission
- "Park" is a button
- Control most systems through this knob



SOURCE: KIA

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Highline model shown

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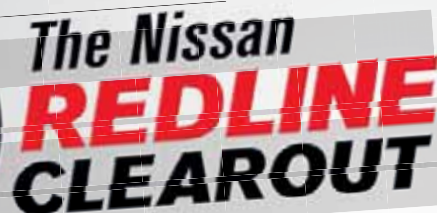
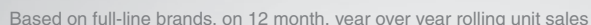
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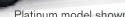
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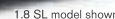


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Furniture, and a free charge-up

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

TEXT AND IMAGES BY WHEELBASE MEDIA



PLUG-IN STATIONS

Ikea courts EV drivers

Swedish build-it-yourself homeware chain Ikea will provide free electric vehicle charging at all 12 of its Canadian stores by summer's end. Ikea announced at the recent Climate Summit of the Americas in Toronto that it will install two charging stations at each of its Canadian outlets and could add more if demand warrants. The stations will be compatible with every electric car currently sold in the country and be available on a first-come basis.



BETTER EFFICIENCY

Refreshed 500 is more 'mature'

The original FIAT 500 was introduced on July 4, 1957. Fifty years later, on July 4, 2007, FIAT introduced the modern FIAT 500, which embodied much of the spirit and personality of the original. And on July 4, 2015, FIAT unveiled a "refreshed" 500. "It has not grown in size, but in maturity," with advanced technologies, improved efficiency and more customization ideas, FIAT said in a press release. Available in two body styles, hatchback and convertible, all models have LED daytime running lights, seven airbags, six-speaker infotainment system with USB ports and steering wheel controls as standard equipment.

+ FUEL-CELL VEHICLES

Japanese automakers help develop hydrogen refuelling network

Japan's three largest automakers have launched a joint effort to support construction of public hydrogen fuelling stations across the island nation, supporting the government's commitment to fuel-cell cars as part of its vision of developing a hydrogen economy.

Measures taken by Honda, Nissan and Toyota will include underwriting a

third of the operating costs incurred by infrastructure companies that build the fuelling stations, to a cap of about \$90,000 US apiece.

The program will run until fuel-cell vehicles (FCVs) become well established in the market "and the development of hydrogen station infrastructure is well underway."

The 2016 Toyota Mirai fuel-cell sedan is already on sale in Japan; Honda will launch an FCV there next year.

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REBATES

California changes electric vehicle subsidies based on income

The Golden State has added income-based caps to its rebates for electric cars and plug-in hybrids. As of July 1, the subsidies buyers receive are being determined by income, says auto research and sales source CarsDirect.com. Previously under the California Clean Vehicle Rebate Program, buyers received incentives of \$1,500 US for plug-in hybrids and \$2,500 for electric cars across the board. Now, lower-income buyers will get more when they buy certain EV models: as much as \$3,000 US for a plug-in hybrid, \$4,000 for an electric car and \$6,500 for a hydrogen fuel-cell car. Perhaps it sounded ludicrous that someone who bought a \$800,000-plus US hybrid like the Porsche 918 (pictured) would get a subsidy of any kind at all.

IN BRIEF

VW Golf makes record-setting cross-country drive

A pair of American drivers has set a new Guinness World Record for driving all 48 mainland United States, covering 13,175 kilometres, at a total diesel fuel cost of \$294.98 US.

Wayne Gerdes and Bob Winger earned the record driving a 2015 Volkswagen Golf TDI diesel.

Infiniti flops with QX60 Hybrid, Pathfinder Hybrid

Sometimes a hybrid model just doesn't work out, notes auto news website Motor Authority. Such is the case with the Infiniti QX60 Hybrid. Released for the 2014

model year, "it was a one-hit wonder."

The automaker also dropped its less-expensive Pathfinder Hybrid sibling for 2015.

Autonomous electric taxis the path to reducing emissions: Report

How to cut vehicle emissions by 90 per cent? Lawrence Berkeley National Laboratory researchers say: Take out human drivers and make electric cars autonomous.

Replacing private cars with self-driving electric taxis could cut auto greenhouse gas emissions by 90 per cent, says a LBNL report.



BMW'S PLUG-IN i8

High-end hotel adds electric supercar to customer fleet

Long known for its fleet of Rolls-Royce guest vehicles, the Peninsula Shanghai hotel has added "the world's most sustainable sports car" (which apparently is BMW's plug-in i8) to its guest fleet, which also includes other BMW models and Minis (BMW owns both brands). The five-star Peninsula Shanghai's sister hotel, the Peninsula Hong Kong, and its fleet of Rolls-Royce Silver Shadows were immortalized in the James Bond movie The Man With the Golden Gun. The German automaker in 2014 handed over an all-electric BMW i3 city car to the equally high-end Kempinski Hotel Beijing, as part of its strategy to promote electric mobility.

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Mario Balotelli is being loaned back to AC Milan after a disastrous year at Liverpool



BLUE JAYS BY THE NUMBERS

Where Donaldson ranks

While the Josh Donaldson vs. Mike Trout MVP debate is likely to persist until the end of this season, another discussion worth pondering is where Donaldson's remarkable campaign ranks among the best in Blue Jays history.

The dynamic third baseman has no doubt entered the conversation. Here's a look at where he currently stands among the greatest individual seasons by Jays position players, according to Wins Above Replacement (as calculated by Baseball Reference). Conspicuously absent from the list

is the only player in Jays history to win an MVP, George Bell, who was voted the American League's most valuable player in 1987 when he hit .308 and clubbed 47 homers. Bell is evidently dinged for his defensive shortcomings and the limited value he added on the basepaths.

JOSH DONALDSON

2015, .302, 34 HR, 100 RBI, 7.1 WAR
With six weeks still remaining in the season, Donaldson has already put together the sixth-best season for a position player in Blue Jays history, according to WAR. If he continues at his current pace of more than 1.4 WAR per month, by season's end he will unseat Bautista's 2011 campaign for the top spot. Donaldson leads the majors in extra-base hits, runs scored and RBI while sitting second in home runs. He's also one of the best defensive third basemen in baseball and has been the Jays' most clutch hitter this season. Of his 34 homers, 23 have either tied the game or given the Jays the lead.

JOSE BAUTISTA

2011, .302, 43 HR, 103 RBI, 8.1 WAR
He hit more home runs in his breakout 2010 campaign, but 2011 was Bautista's better year. He led the majors in home runs, walks, slugging percentage and OPS, finishing third in MVP voting, behind Jacoby Ellsbury and Justin Verlander. By Wins Above Replacement, Bautista's 2011 season is the best in Blue Jays' history and among the top 20 by any player in the last decade.

JOHN OLERUD

1993, .363, 24 HR, 107 RBI, 7.7 WAR
Like Bautista, Olerud finished third in AL MVP voting in 1993, receiving fewer votes than teammate Paul Molitor and the unanimous winner, Frank Thomas. But Olerud was arguably better than all three. He won the batting title, while also leading the majors with 54 doubles and a .473 on-base percentage, which was 15 points higher than Barry Bonds that season.

JESSE BARFIELD

1986, .289, 40 HR, 108 RBI, 7.6 WAR
The right-fielder known for his cannon arm put it all together as a 26-year-old in 1986. He was an all-star, a Gold Glove and a Silver Slugger. He led the majors with 40 home runs and trailed only Wade Boggs in position-player WAR. The closest Barfield came to matching his '86 heroics was four years later as a member of the New York Yankees when he hit 25 home runs and posted an .815 OPS.

CARLOS DELGADO

2000, .344, 41 HR, 137 RBI, 7.3 WAR
Delgado's peak years with the Jays were overshadowed by juicing sluggers like Barry Bonds and Alex Rodriguez. But in 2000 he was among the league's best. His 137 RBI are the second most in a season in Jays' history, behind the record-setting 145 mark he reached in 2003. But the 57 doubles he hit in 2000 and his .664 slugging percentage remain the franchise's single-season high-water marks.

LLOYD MOSEBY

1984, .280, 18 HR, 92 RBI, 7.2 WAR
Moseby's only all-star appearance came in 1986, but '84 was his best season. Among position players, he finished fourth that year in Wins Above Replacement. It was Moseby's combination of power and speed that made his season so special. He hit 18 homers while also stealing 39 bases and leading the American League with 15 triples. The speedy centre-fielder was also one of the league's best defensive outfielders.

MOOSEHEADS

Herd cut four more players

The Halifax Mooseheads have cut four more players from pre-season training camp.

General manager Cam Russell announced Tuesday that forwards Eddie Banville, Ben Higgins and Makail Parker, along with defenceman Denis Toner, have been released. Both Higgins and Parker are from Nova Scotia.

A Mooseheads news release says 27 players remain at camp, which continues this week at Cole Harbour Place.

Halifax lost its first three pre-season games, and had to call off a home exhibition game against the Charlottetown Islanders last Saturday due to extreme fog inside the Rath Eastlink Community Centre in Truro.

The Herd next face off at home against the Cape Breton Screaming Eagles on Sept. 3 with puck drop at 7 p.m. Visit halifaxmooseheads.ca for ticket information. METRO

MLB

T.O. claims righty off waivers

The Toronto Blue Jays have claimed right-handed pitcher Donn Roach off waivers from the Cincinnati Reds.

Roach started one game for the Chicago Cubs this season before being claimed on waivers by Cincinnati on June 5.

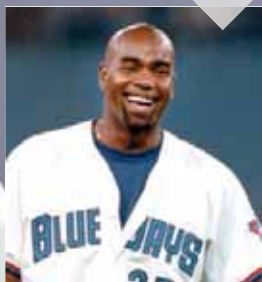
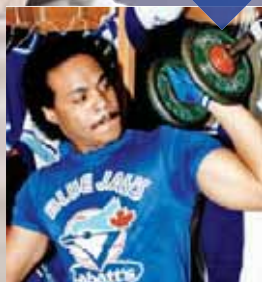
In 22 triple-A starts this season with Iowa and Louisville, the six-foot, 195-pound pitcher has a 9-6 record with a 3.50 earned-run average.

To make room on the 40-man roster the Blue Jays have transferred outfielder Michael Saunders from the 15-day disabled list to the 60-day DL.

THE CANADIAN PRESS



Donn Roach
GETTY IMAGES



Gatlin takes dope heat in his stride

WORLD CHAMPIONSHIPS

Business as usual for Usain Bolt's rival for 200m crown

Usain Bolt returned to the world championships track Tuesday and eased his way through the preliminary round of his favourite race, the 200 metres.

Justin Gatlin also cruised, doing nothing to diminish his role as Bolt's top challenger.

Win or lose, Bolt will leave Beijing still hailed as his sport's fun-loving Superman. The chances of Gatlin getting a champion's send-off: slim to none.

Doesn't bother him one bit. "Sometimes it has to be fuel," Gatlin told The Associated Press as he left the Bird's Nest in Beijing to cool down at a practice field following a preliminary heat of 20.19 seconds. "If you don't let anything affect you at all, you have nothing to pull off of when you're already running on fumes."

When Gatlin lined up for the

+ RODNEY FLYING FLAG FOR CANADA

Brendon Rodney, a 23-year-old from Brampton, Ont., advanced to the semifinal of the men's 200 metres.

Rodney ran a personal-best 20.18 seconds to finish third in his heat, automatic-

ally moving on to Wednesday's semis that will be without Canada's 20-year-old sprint sensation Andre De Grasse, who is sitting out after a busy season.

THE CANADIAN PRESS

100-metre final Sunday night — a scintillating race he lost to Bolt — he was on the line with three other athletes who had served doping bans: Tyson Gay,

Asafa Powell and Mike Rodgers. Their doping pasts have barely been footnotes to the narrative in the 100. And the other athletes competing despite their doping

histories have essentially gotten a free pass, as well, even as track and field has been hit with multiple reports alleging drug-related cheating among athletes in almost every corner of the sport.

Gatlin? He takes all the heat. There has been vigorous debate over whether a convicted doper should be able to compete again. Gatlin has been snubbed by some meets since his return from his second doping conviction in 2010. But there is no keeping him out of major events, or the Olympics.

THE ASSOCIATED PRESS



Justin Gatlin is cruising through the 200m sprint prelims. IAN WALTON/GETTY IMAGES

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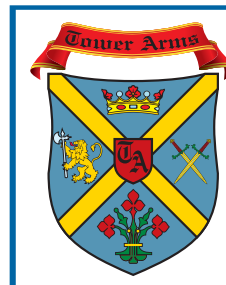
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Cook time: 12 minutes

Ingredients

- 4 oz boneless skinless chicken breasts, diced
- 1 Tbsp cornstarch
- 2 tsp vegetable oil
- 6 cups sliced mushrooms (any variety)
- 8 cups baby spinach
- Dressing
- 2 Tbsp low-sodium soy sauce
- 1 1/2 Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger
- Garnish
- 2 tsp toasted sesame seeds

Directions

1. Dust chicken cubes with cornstarch. In a medium hot skillet, add oil and sauté for about four minutes or just until chicken is cooked right through. Set aside.
2. Wipe out skillet and spray with vegetable oil. Sauté mushrooms on medium heat until all the moisture has been absorbed.
3. Dressing: In a small bowl, combine all ingredients.
4. Place spinach on a serving platter and add mushrooms and chicken. Pour dressing over top, mix gently and garnish with sesame seeds.

Nutrition per serving

- Calories 111
- Protein 10.5 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 4 g
- Saturated fat 0 g
- Cholesterol 16 mg
- Sodium 288 mg

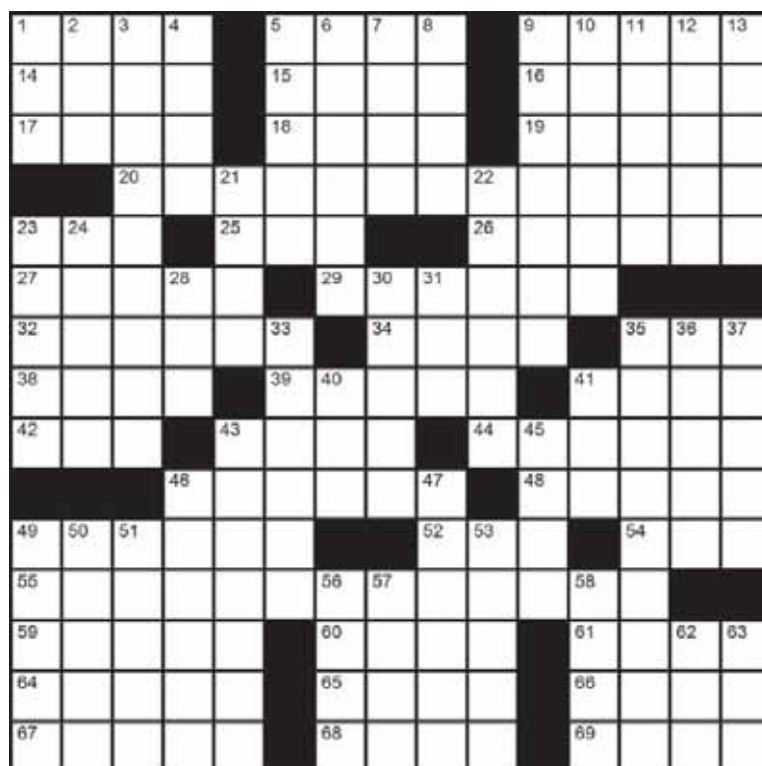
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Rocker/actor Mr. Springfield
5. Kitchen amt.
9. Ms. Winfrey
14. Agenda
15. Back
16. New Orleans-set HBO series of 2010 to 2013
17. Same: French
18. Inactive
19. Gradually diminish
20. Famous __ __ (World renowned black light puppetry company founded in Toronto in 1974)
23. Barely get by
25. Potpie morsel
26. Q. "Dylan Thomas, was he __ poet?" A. "Indeed."
27. Major artery
29. Abundant
32. Judge props
34. Pull in wages
35. "Survivor" network
38. Panache
39. Swap stock
41. Earth goddess of yore, variably
42. Operated
43. Rupture
44. Timber decay: 2 wds.
46. Voice box
48. Beerless beer bottle
49. Sacred structure
52. Charlotte of "Diff'rent Strokes"
54. Listener
55. Margaret Atwood's nickname: 3 wds.



59. "The Man from __" (2015)
60. Potato chip brand
61. Tuner
64. Donald Sutherland's profession
65. Sheltered, nautically
66. Jealousy

67. Red Sea sailing vessels
68. Caesar's 1450
69. Pulitzer-winning writer James

DOWN

1. Circling stat.
2. 'Duct' suffix (Malleable)

3. Vacationer's home-on-wheels
4. Sports pad spot
5. Hogwash
6. James Blunt album: 'Back to __'
7. Pelletier's skating partner
8. Briefly get

- ready
9. Denizen of one of Canada's biggest cities
10. Spoke to God
11. Force back
12. Continental neighbours of Canadians, briefly
13. Famed journal-

- ist Seymour
21. Iridescent gem
22. In a den, as an animal
23. Gung-ho
24. Eucalyptus muncher
28. Coffee break time
30. Pine
31. "Way cool!"
33. "Connected" by __ MC's
35. Hardwood alternative
36. Region's plant and animal life
37. Ancient companion for Dionysus
40. Light beam
41. Class to be last-picked in :(
43. Family members on "Full House"
45. Movie projector attachment
46. Be inconspicuous: 2 wds.
47. Got imagery of the skeleton
49. Team
50. Intuition
51. Verso's pal amongst the pages
53. American nature photographer Mr. Adams
56. Flim-__ (Swindle)
57. Math class [abbr.]
58. Approximation
62. "5th __. Girl" (1939)
63. Caustic solution

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good news will come your way today but maybe it would be smart not to read into it. In life you get nothing for free, not even from people who are generous by nature, so be careful.

Taurus April 21 - May 21
There may be no such thing as a perfect day but today will come close. Personally, professionally, romantically and financially you are on a roll — keep it going.

Gemini May 22 - June 21
If you want something enough you will find a way to get it, even if certain people don't want you to have it. Today will remind you that some of the best things in life don't have to be worked too hard for.

Cancer June 22 - July 23
You need to decide whether to forgive someone who has let you down badly. They say a leopard can't change its spots, so err on the side of caution and don't let them hurt you again.

Leo July 24 - Aug. 23
You will find it remarkably easy to charm your way to success today and maybe make a fortune in the process. But don't make claims now that you may find hard to live up to.

Virgo Aug. 24 - Sept. 23
With Jupiter so strong in your sign you are not going to sit at home watching the TV or reading a book. You want excitement and you will go anywhere and do anything to get it.

Libra Sept. 24 - Oct. 23
Something you were hoping would remain a secret will be brought into the open today but it won't be as embarrassing as you feared it would be. In fact, no one cares in the slightest.

Scorpio Oct. 24 - Nov. 22
Your generosity will make you friends today but it could also get you into trouble, especially if you are too trusting of people you don't know well. What happened to that overly suspicious Scorpio?

Sagittarius Nov. 23 - Dec. 21
You are worrying about issues that are not worth the effort. Today's Sun-Jupiter link promises that whatever you do things will work out well, so quit fretting and enjoy.

Capricorn Dec. 22 - Jan. 20
You cannot go wrong today. You will have the world eating out of your hand. You don't even need to be wary of people in positions of authority — they love you too!

Aquarius Jan. 21 - Feb. 19
Do you spend more quality time with family and friends or do you focus on making a name for yourself on the work front? Only you can decide but don't think it has to be one or the other.

Pisces Feb. 20 - March 20
Try not to take affairs of the heart too seriously today. A new relationship may be making your heart beat faster but it may just be a short-term fling, so don't get too attached.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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